

K-STATE

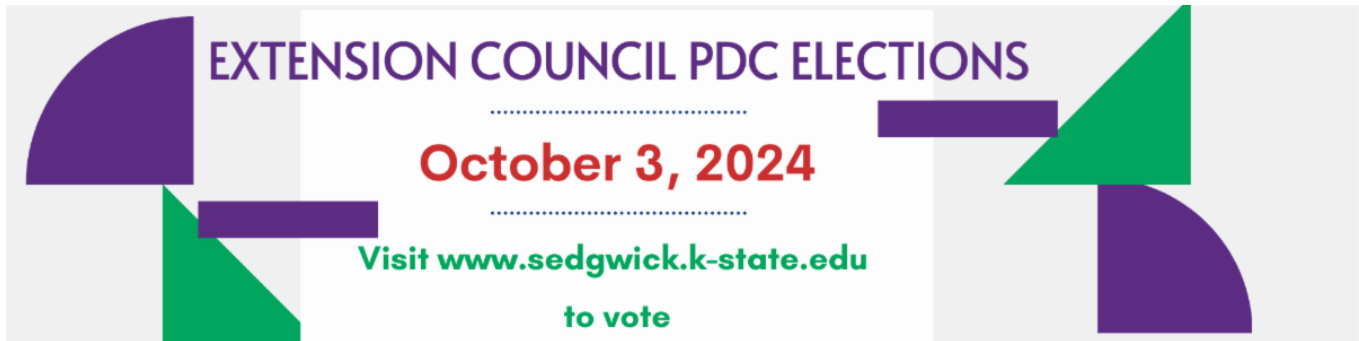
Research and Extension

Sedgwick County

October 2024 *eNews*

"Knowledge for Life"

Click here for all of our Fall 2024 events!



EXTENSION COUNCIL PDC ELECTIONS

October 3, 2024

Visit www.sedgwick.k-state.edu
to vote

Horticulture

Protect Your Trees From Sunscald This Winter

Many trees are susceptible to sunscald injury on their trunk during the winter months. Sunscald damage normally develops on the south or southwest side of a tree during late winter months. On warm, sunny days, the winter sun shines down on the bark of the tree, warming the trunk tissue and defrosting cells within the tree. In fact, some studies show that the



southwest side of a tree trunk can warm as much as by 40 degrees on a winter day, as compared to the shaded side of the trunk. As a result of this warming, the cells become active and water defrosts within the tree. Later, as the sun goes down at night, temperature drop, water freezes, and the cells within the trunk burst, killing parts of the tree trunk. Sunscald damage becomes most evident the following summer, as the bark tissue becomes sunken and discolored, eventually falling off the tree all together. Once sunscald occurs, the damage is irreversible.

While sunscald damage can occur to any tree, it is especially common on:

- Newly planted and young trees (planted within the last 5 years)
- Trees stressed due to drought conditions
- Trees that are naturally thin-barked, such as maples, oaks, honey locusts, fruit trees, ashes, lindens, and willows are most susceptible to sunscald.
- Trees that have suffered sunscald damage in the past

If your tree fits any of these risk factors, you should take preventative action by wrapping your tree trunk this winter. Use a light-colored tree wrap, made of either white plastic or a corrugated cardboard material, applying the wrap from the ground level to the first branches of the tree. The wrap should be applied in October and removed the following March to prevent harm to the tree.

Act now to prevent sunscald damage. For more information on sunscald, and how to protect your trees, visit: <https://hnr.k-state.edu/extension/horticulture-resource-center/common-pest-problems/documents/Sunscald%20on%20Trees.pdf>

#KSTATEGARDENHOUR

K-STATE GARDEN HOUR

Evergreens in Kansas

Wednesday, October 2nd 12:00PM -1:00PM CST

Plants in the landscape that can provide true year-round interest may be few and far between, but for evergreens it is an easy feat! Join Dr. Jason Griffin, K-State Research and Extension Woody Ornamentals Specialist, as he discusses which evergreens will perform best for you in the state of Kansas.



Register Here!



Please register for this free Zoom Webinar at:
ksre-learn.com/KStateGardenHour



Very few plants can provide the year-round interest in the landscape that evergreens do, however picking the right evergreen is critical. Join this month's K-State Garden Hour webinar, as Dr. Jason Griffin shares suggestions for the toughest evergreens you can plant, in order for them to withstand the environmental extremes of Kansas. Learn more about "Evergreens in Kansas" on the next K-State Garden Hour webinar on Wednesday, October 2nd , 2024. This free webinar will be presented live from Noon to 1pm, and recorded and available online. Register for upcoming webinars or find past recordings online at:

www.ksre-learn.com/KStateGardenHour

Health and Nutrition

Cardiac Arrest Emergency Response:



www.heart.org

□ Cardiac Arrest Can Strike Without Warning! □

Do you suspect someone is in cardiac arrest? Look for these signs:

1. **Sudden Loss of Responsiveness:** The person doesn't respond, even if you tap them hard on the shoulders or ask loudly if they're OK. The person doesn't move, speak, blink or otherwise react.
2. **No Normal Breathing: They aren't breathing or are only gasping.**

Anyone can help! Here are **4 simple steps** to assist in a cardiac emergency:

1. **Call for Help:** Ask someone to dial 911 and grab an AED.
2. **Start Hands-Only CPR:** Push hard and fast in the center of the chest at a rate of 100-120 beats per minute. Keep going until help arrives!
3. **Use the AED:** If an AED is available, even untrained people should be able to use it by following the prompts.

4. **Assist EMS team:** When first responders arrive, direct them to the patient.

Your quick actions can save a life! ♥ #CardiacArrest #CPRsavesLives #ActFast

SNAP-Ed/EFNEP



It's spooky season, but don't let the foods of the season spook you! Here are some tips to keep you and your family safe as the October festivities get underway.

If out trick-or-treating, the U.S. Food and Drug Administration (FDA) recommends the following:

- Have children eat "a light meal or snack" before starting their door-to-door adventures and to remind children to not eat any treats given until home and treats have been inspected by an adult for signs of tampering and any allergens that a child may have.
- Beware of homemade treats! Don't accept or eat anything that isn't in a commercial package.
- Don't choke! For very young children, make sure you have removed any

potential choking hazards. This may include gum, peanuts, hard candies, or small toys.

You can learn more Halloween safety tips at <https://www.fda.gov/food/buy-store-serve-safe-food/halloween-food-safety-tips-parents>.

If you're having a party, remember these food safety tips:

- Keep cold foods cold until serving time. Perishable foods should not be left out for more than 2 hours at room temperature, so here's a couple of extra tips from Fight BAC for cold foods:
- 1. Keep perishable foods cold by filling a separate container with ice and placing serving trays on top of the ice or nest food bowls in larger bowls, or
- 2. Make several small platters of food and rotate what is in the refrigerator and what is being served every 2 hours.
- Only serve pasteurized juice or cider as unpasteurized versions can contain bacteria such as *E. Coli* and *Salmonella*.
- Remind all party guests to wash their hands before and after eating to reduce the spread of germs.

To learn more Halloween food safety tips, visit the Partnership for Food Safety Education website: [https://www.fightbac.org/halloween-food-safety-how-to/..](https://www.fightbac.org/halloween-food-safety-how-to/)

Community Vitality



First FRIDAY e-CALL

How can USDA Help Your Community?

Christy Davis, State Director,
USDA Rural Development

Join Us **October 4, 2024**

9:30–10:30 am CT

Register Today

<https://ksre-learn.com/ecall>

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Agriculture

Fall Soil Sampling

Soil testing provides important information concerning the fertility status of the soil. This information can help produce better crops and reduce costs by guiding management decisions like the type and amount of fertilizers to apply.

[Sample Collection & Submission to K-State Soil Testing Lab](#)

[The Challenge of Collection a Representative Soil Sample](#)

Pasture and Hayfield Management

If your pasture or hayfield is struggling, one of the first things to check is soil fertility. Fall is the preferred period for soil testing because it allows more time for any needed lime applications to have an effect before the main growing season begins.



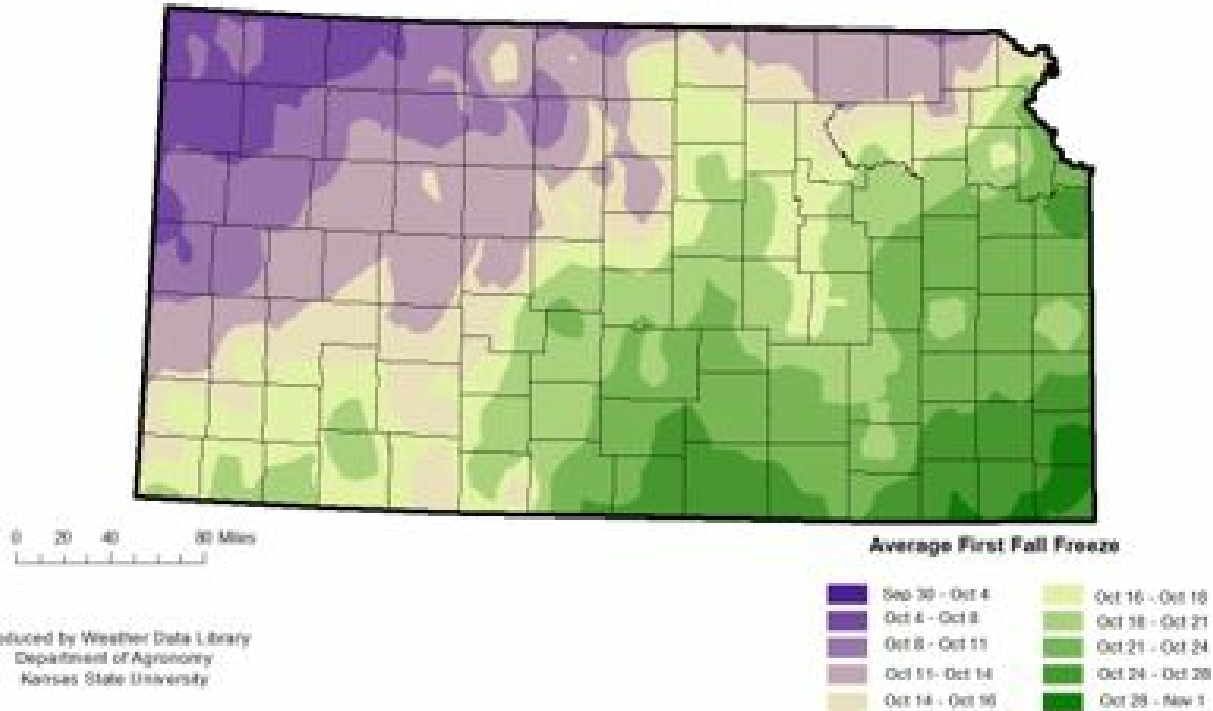
Fall Soil Testing of Hayfields and Pastures

First Frost & Freeze Dates

Fall is here and the first frost and freeze are incoming. Check out this Agronomy eUpdate article for information on the probabilities of when it might occur based on previous years.

Fall Frost and Freeze

Average First Fall Freeze
at 32 °F from 1991-2020 data



Family Life

A Day With the Family, Presents: "Same O', Same O'"

"Same old, same old" suggests monotony, but routines are powerful tools for conserving energy and creating time for what really matters. A routine is a series of actions performed in the same order on a regular basis; the sooner we establish them, the more balanced our lives will be. Over time, these routines become habits and can almost be done with our eyes closed—which is a good thing if



you are not a morning person! Routines provide stability and comfort, helping us cope with unexpected changes.

Children, like adults, feel more secure when their daily activities are predictable. A consistent schedule and routines provide them with a sense of control over their environment. Consistent routines also help the school year go more smoothly.

[Read More English](#)

[Read More Spanish](#)

4-H and Youth Development

4-H Begins New Year

October 1st marks the beginning of the new 4-H year and begins an exciting time for our 4-H members. We are looking back and celebrating big accomplishments over the past year at our upcoming achievement banquet, but we are also gearing up for another great year. The

beginning of a new year means endless possibilities for new projects and an open door to creativity. New events, camps, and activities are being planned and prepared for across the county. The best part about the new year is welcoming in new 4-H families. Ages 7-18, all are welcome to take part in 4-H. This is a great time of year to learn more and consider joining a 4-H club near you. We have 15 different clubs across Sedgwick County who would love to welcome you into their family. Reach out to the Extension Office at [**bwingfie@ksu.edu**](mailto:bwingfie@ksu.edu) or 316-660-0115 to get connected to a club near you!



**It's Carnival Time!!!
Come One, Come All
October 13th, 2024
5:00 - 7:00 pm
7001 W 21st St N, Wichita, KS 67205**

EVERYONE is welcome; the carnival is not just for 4-H youth and families. Come support our 4-H Teen Council members and eat dinner at the concession stands. Support our 4-H clubs by purchasing tickets to play fun games and earn prizes.



4-H Wheat Science Program



Are you looking for a fun, educational activity for your students this winter? Our wheat science kits are offered annually at a low cost! This hands-on program allows kids to mix, measure, knead, and bake their own loaf of whole wheat bread. Every year, our 4-H extension staff members visit schools all over Sedgwick County and even work with some

homeschool groups to provide Wheat Science kits to interested families. In addition to bread making, students learn how wheat is grown, harvested, and milled in their local communities and how much work goes into making a loaf of bread. Go to our website below to find out more about offering wheat science and other programs to your students this year. Kit orders are due soon!

www.sedgwick.ksu.edu/4-h-youth/school-resources/

K-State News

**K-State 105 Selects Kingman
for 2025 Connecting Entrepreneurial**

Communities Conference Location

Partners involved in a collaborative K-State 105 project have selected Kingman as the host site for the inaugural Kansas [Connecting Entrepreneurial Communities conference](#) in June 2025.



The [Connecting Entrepreneurial Communities conference](#) promotes

small communities and highlights people, businesses and best practices for creating an entrepreneurial mindset. All Kansans are invited to attend the two-day conference.

The conference has received funding and support from [K-State 105](#), the university's economic growth and community engagement initiative for all 105 counties in Kansas. Partners involved include [K-State Research and Extension](#); [NetWork Kansas](#); the [Kansas Department of Commerce Quality Places Division](#), including the [Office of Rural Prosperity](#) and [Kansas Main Street](#); and [Thrive Kansas](#).

[Learn more about the Connecting Entrepreneurial Communities conference.](#)

Get Involved!



Volunteer Opportunities

K-State Research and Extension — Sedgwick County exists to serve the people of south central Kansas. Our mission thrives because of community support. We offer many opportunities for volunteers to offer their time and skills, from gardening to youth development to programming support.

[Learn more about ways to support our programming and the needs of the community.](#)

Looking for an event space?



Consider having your next event at the Extension Education Center!

[Read more](#)



Please help support Extension community services in Sedgwick County through the Extension Education Foundation, Inc.

When you shop Dillons Food Stores, Dillons will make a donation to the Extension Education Foundation, Inc.

1. Go to [Dillons.com/communityrewards](https://www.dillons.com/communityrewards)
2. Log into your Dillons account
3. Search for NPO number **CY612**
4. Click enroll



[Mail-in donation form](#)

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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K-State Research and Extension - Sedgwick County

This monthly e-newsletter is intended to inform citizens of events, activities and research-based information from K-State Research and Extension Center - Sedgwick County
7001 W. 21st St. N., Wichita, Kansas 67205

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Dr. Brantley, PhD, Extension Director, Sedgwick County 316-660-0105

K State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well being of Kansans. Supported by county, state, federal and private funds, the program has county extension offices, experiment fields, area extension offices and regional research centers statewide. Its headquarters is on the K State campus in Manhattan. For more information, visit www.ksre.ksu.edu



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