

# **As I Heal, So Does the Land:**

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**A Story About Connection, Conservation, and Healing in America**

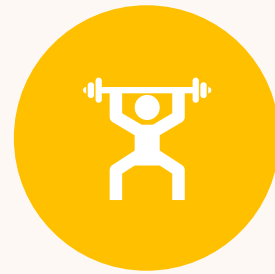
# What is healing?



**SPIRITUALLY**



**CULTURALLY**



**PHYSICALLY**



**MENTALLY**



An aerial photograph of rolling hills in a rural landscape. The hills are covered in various shades of green, yellow, and brown, suggesting different crops or stages of land use. In the foreground, a small white building with a grey roof is visible on a green field. The sky is not visible, and the overall scene is bright and clear.

# What is land?

“Many people and land-owners might consider land as something they own, a commodity to be bought and sold, an asset to make profit from, but also a means to make a living off it or simply 'home'. They 'develop' land, as if it was unfinished or raw.”

-Jen Korff



# But to some...

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“...country is much more than a place. Rock, tree, river, hill, animal, human – all were formed of the same substance by the Ancestors who continue to live in land, water, sky. Country is filled with relations speaking language and following Law, no matter whether the shape of that relation is human, rock, crow, wattle. Country is loved, needed, and cared for, and country loves, needs, and cares for her peoples in turn. Country is family, culture, identity. Country is self.”

-Jen Korff





# Biophilia

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- The innate human urge to connect with the land, life, and their processes.

-Edward O. Wilson



What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset.

It is beautiful.



# What Is Life?

A close-up photograph of two small, vibrant green seedlings emerging from a mound of dark, rich soil. The seedlings have rounded, cotyledon-like leaves and thin, upright stems. The background is a deep, dark gradient, which makes the bright green of the plants stand out prominently. The lighting is soft and focused on the seedlings, creating a sense of hope and growth.

Planting Seeds of Knowledge



||| Losing Their Farm...







Plants Need Sound and Love

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Trinity River  
Audubon Center





# Little Ladybug Larva





# Disconnecting







# Reconnecting and Healing

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# What does any of this have to do with integrated pest management (IPM)?

## What is IPM?

**Integrated Pest Management** is a science-based approach that combines a variety of techniques. By studying their life cycles and how pests interact with the environment, IPM professionals can manage pests with the most current methods to improve management, lower costs, and reduce risks to people and the environment.

**IPM tools include:**

- Alter surroundings
- Add beneficial insects/organisms
- Grow plants that resist pests
- Disrupt development of pest
- Prevention of pest problem developing
- Disrupt insect behaviors
- Use pesticides

### 1 IDENTIFY/MONITOR

Determine the causal agent and its abundance (contact your local extension agent for help).

### 2 EVALUATE

The results from monitoring will help to answer the questions: Is the pest causing damage? Do we need to act? As pest numbers increase toward the economic threshold further treatments may be necessary.

### 3 PREVENT

Some pest problems can be prevented by using resistant plants, planting early, rotating crops, using barriers against climbing pests, sanitation, and sealing cracks in buildings.

### 4 ACTION

IPM uses multiple tools to reduce pests below an economically damaging level. A careful selection of preventive and curative treatments will reduce reliance on any one tactic and increase likelihood of success.

### 5 MONITOR

Continue to monitor the pest population. If it remains low or decreases, further treatments may not be necessary, but if it increases and exceeds the action threshold, another IPM tool should be used.

## WHERE CAN YOU PRACTICE IPM?

**Buildings and Homes:** Inspect, identify pests, keep pests out, clean to deny pests food and water, vacuum, trap, or use low-risk pesticides.

**Farms:** Check for pests/pest damage regularly, identify accurately, choose pest-resistant plant varieties, encourage/introduce beneficial insects, time planting to avoid pests, and if needed use low-risk pesticides.

**Managed Natural Systems:** Identify the pest and use management options that have minimal risks to pollinators, humans, and pets.

The Entomological Society of America is the largest organization in the world serving the needs of entomologists and other insect scientists. ESA stands as a resource for policymakers and the general public who seek to understand the importance and diversity of earth's most diverse life form— insects. Learn more at [www.entsoc.org](http://www.entsoc.org).



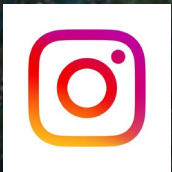


You Will Find Life

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# Connect With Me



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