

# Walnut Creek District



K-STATE RESEARCH AND EXTENSION



Thinking of you during this wonderful holiday season and wishing you much happiness.

## WALNUT CREEK DISTRICT OFFICES:

Lane County Office  
144 S. Lane, Courthouse  
Dighton, KS 67839  
620-397-2806

Ness County Office  
503 S. Pennsylvania Ave  
Ness City, KS 67560  
785-798-3921

Rush County Office  
702 Main St.  
LaCrosse, KS 67548  
785-222-2710

WALNUT CREEK DISTRICT OFFICE HOURS  
MONDAY - FRIDAY  
8:00AM - 5:00PM

**Our offices will be closed for the holidays  
December 26th - January 2nd**

[WWW.WALNUTCREEK.KSU.EDU](http://WWW.WALNUTCREEK.KSU.EDU)



**Jared Petersilie**

Extension Agent  
Animal Sciences  
Farm Management  
jaredp1@ksu.edu

## Rental Agreements

While most are counting days to Christmas, the rest of us are looking at the calendar trying to wrap up end of the year business items before the year is over. Here are some useful links in making some of those decisions.

Rental Arrangements: <https://agmanager.info/farm-management/land-rental-rates/forms>

Regardless of hunting, pastures, sheds, crop land by share, or cash rent the appropriate form to get the lease in writing can be found here. Some documents are lengthy because they explain the facets of a lease in detail, but scroll to the end to find an easy to use template.

## Land Renting

What is land renting for? This publication was made available in late September with estimates for 2023. This is useful information, but how you feel about it depends on being the land owner or the tenant. These are based on National Ag Statistic Surveys and when comparing counties, you can see some disparity in the numbers. The 2023 rates are considerably higher than 2022 and subsequent years. The drought has not loosened and when looking at budgets, if there isn't a crop to sell or we have to stock pastures at 50% of normal, then there isn't as much income for the tenant to divvy back to the landlord. The old saying of regardless of how good the markets are 100% of "0" is still "0", meaning we have to raise something to be able to capitalize on a strong crop price. <https://agmanager.info/farm-management/land-rental-rates/2023-kansas-county-level-cash-rental-rates-non-irrigated-cropland>

What's it worth to swath? Or bale, or harvest, or plant, etc, etc. As equipment gets bigger and more specialized, it takes more acres to justify the expense. Custom operations are gaining momentum.

<https://www.agmanager.info/machinery/papers/custom-rates-survey>

This database of all things that can and do happen on the farm is broken down into regions to get a quick look at what the 'going rate' is.

I have posted links to the AgManager.info website before, but with volatile markets, high inputs, and even higher equipment and repair costs, the budgets and spreadsheets that are kept within have even more importance. Happy Holidays and may your trip to the accountant merry and bright.



Carissa Kline

Extension Agent  
Family & Community  
Wellness  
[carissakline@ksu.edu](mailto:carissakline@ksu.edu)

## National Handwashing Awareness Week

Since the start of the COVID-19 pandemic, we have been washing our hands more than ever. This time of year is another reminder of why it is so important to wash our hands. That's because Dec. 4-10, 2022 has been designated National Handwashing Awareness Week. According to the Centers for Disease Control and Prevention (CDC), handwashing is one of the best ways to prevent the spread of germs as well as stop respiratory and diarrheal infections. Germs can spread when you:

- Touch your eyes, nose and mouth with unwashed hands.
- Prepare or consume food and drinks with unwashed hands.
- Touch contaminated surfaces or objects.
- Blow your nose, cough or sneeze into your hands then touch other people's hands or belongings.

It's recommended that when you wash your hands use soap and clean running water for at least 20 seconds. Work up a good lather and clean the back of the hands, between the fingers and under the nails. Dry your hands using a clean towel. When soap and running water are not available, using a hand sanitizer, with at least 60 percent of alcohol, can also help to reduce illness and the spread of germs.



## How to Incorporate the 4 Gift Rule for Christmas

As Thanksgiving comes to a close and the holiday season draws closer, it's easy to skip over the gratitude and move onto the presents. However, the holiday season really is the perfect time to reflect and remember how grateful we are for all that we do have. This year, why not simplify Christmas by creating the Four Gift Rule in your house?

### What is the Four Gift Rule?

The Four Gift Rule is very simple. Instead of spending a lot of money on gifts or trying to buy a bunch of presents to fill up space under the tree, we limit it to four things. Each item belongs to a category, to help make shopping easier.

### Why you should try the four gift rule

There are many benefits to doing the Four Gift Rule over just buying as many gifts as you want. Here are just some of those benefits:

Instead of focusing on presents, we can shift our focus toward the REAL meaning of Christmas, less shopping means more time with your loved ones, you can save money, your gifts will mean so much more and Christmas stops being stressful and complicated

By eliminating all of the excesses that Christmas can bring, you go back to the roots. Christmas stops being stressful or complicated and starts to be more enjoyable. You begin to enjoy the little parts of Christmas like decorating the tree or watching movies, instead of trying to sneak presents behind your kid's back, so they don't notice.



# Christmas

## Gift Giving Rules & Ideas

### 1. Want

- Action figure or doll
- Soft toy
- Video game
- Lego
- Electronic device
- Radio controlled toy
- Model building
- Science/educational toy
- Games

### 3. Wear

- Pajamas
- Sweater
- Sweatshirt
- Tracksuit
- Sports jersey
- Socks
- Slippers

### 2. Need

- School supplies
- Music Instrument
- Sport equipment
- Art supplies
- Bedding & linen
- School suitcase
- Travel suitcase/bag
- Sleeping bag
- Umbrella/raincoat
- Water bottle/flask
- Phone or tablet case

### 4. Read

- Comic books/graphic novel
- Nonfiction book
- Fiction book
- Magazine subscription
- Biography
- Nature guide
- Series books
- Poetry book
- Cookbook





# GROWING RESPONSIBLE CHILDREN THROUGH DAILY CHORES

IN THE WORDS OF MARY POPPINS, "IN EVERY JOB THAT MUST BE DONE, THERE IS AN ELEMENT OF FUN!"

**Chores.** They can be defined as simple everyday tasks that few of us enjoy, but all of us need to complete to keep a household running smoothly. It's a given that adults in the household should do their part and lead by example. However, when it comes to children and teens being assigned household chores, that's when much debate comes into play.

Kids these days are very busy and over-scheduled. It may seem impossible to add one more thing, even household chores. There are many arguments about why children cannot do chores these days. They have a full day of school, a variety of after-school activities, dinner and, for older children, homework. While children shouldn't be required to do tasks that are more appropriate for adults, pitching in by helping with household chores won't hurt them and may even help them.

Assigning your children chores can definitely take some stress off as a parent. Completing chores also helps kids feel as if they are part of the family team. Assigning younger children chores demonstrates that you trust them to complete a task. By setting the table, kids see they are successful, important and needed, all of which help build their self-esteem. Weekly chores teach children life skills like responsibility and setting priorities that will be important for the future. Start laying out expectations when they are very young and gradually increase responsibility and rewards as they grow older. Chores are an essential part of daily living.

Chores should never be used as a punishment. They might get done in the short term, but the effects won't last. This approach does not give the child the feeling of doing something because it is the right thing to do. It only makes them detest chores and helping out even more. Chores should be used as a sense of purpose and pride rather than as a consequence. Chores show kids that everyone contributes to the household.

**Switch jobs.** To make chores a little more entertaining, have your kids switch jobs. Ask them to clean a sibling's room instead of their own for a change, or while one makes a creative dinner the other child can be the DJ—have them play their favorite tunes while the family meal is being prepared. Reverse roles later in the week. Try this once a week and inspire them not to cook the same meal twice.



**Do chores together.** Young children will need to learn how to do certain jobs. Doing chores with them will allow you to help them and acknowledge their hard work. “You put all of your clothes in the clothes basket.” Plus, if everyone helps, tasks will get done quicker and possibly be more tolerable.

**Establish a schedule or routine for chores.** If a chore has a routine, it will become a habit. To help with this, establish a “when/then” routine. For example, “When you hang up your coat after school, then you can have a snack.” “When you’ve put their dishes in the dishwasher, then you can go outside and play.”

**Keep chores manageable.** Kids are more likely to repeat a chore that requires 10 – 15 minutes versus a 3-hour stretch of time. Make it a game by seeing how much you can clean up in 15 minutes while listening to some fun music. Chores can also feel more manageable if you can get rid of clutter. It can feel overwhelming to put clothes away in an already stuffed drawer or books away on a book shelf over-flowing with books. Cat in the Hat exclaims, “This mess is so big, and so deep and so tall, we cannot pick it up! There is no way at all!”

Research from a 75-year Harvard study examined the factors from earlier in life that predict health and well-being later. Results found that children who were given chores became more independent adults. It may be easier to just do it ourselves because parents are overscheduled as well. But let kids do it their way, and thank them for it. They’ll eventually take pride in their work, feel good about themselves and maybe even offer to help without being asked over and over again.

Leadership Lesson from the Nightmare Before Christmas - Get people to work together:

Jack had formulated a plan. He would take over the role of Santa Claus, or Sandy Claws as Jack liked to call him. To do this, he called in three boys: Lock, Shock, and Barrel. The boys originally planned ways to kidnap Santa individually. One of the boys then remembered Jack had told them to work together. As they began to work together, their plan worked. They were able to kidnap Santa and help Jack take over Christmas. It’s amazing the power of a cohesive team. When teams work together, they can accomplish more than they can alone.

Think of a team as T.E.A.M. –Together Everyone Achieves More  
Teamwork makes the work each individual does more effective. Their work begins to become stronger and better.



### *Holiday Random Acts of Kindness*

1. Give up your spot in line.
2. Make holiday ornaments for your neighbors.
3. Help someone do a chore or other job.
4. Purchase and donate dog and cat food for pets in need.



# Join Walnut Creek Extension District at the following Community Events



Dec 3rd - Ness City Community Christmas - Soup Supper  
5:00 to 7:00pm Community Building

Dec 10th - Christmas Wonderland - 4-H Community  
Service 10:00am to 3:30pm

Dec 10th - Old Fashion Downtown Christmas Tree  
Decorating - Dighton



## Lane County 4-H Community Service Project

Saturday, December 10, 2022 Lane County Fairgrounds  
Come and Go 10:00am to 3:30pm

Share what you can.  
Bring what you want.  
Join us for fun  
and tons of kindness.

### DO:

- Create Military Cards
- Decorate Placemats for the Nursing home
- Make Pinecone bird feeders

### Donate:

- \$\$\$Teddy Bear Tree Donation Jar
- Diaper Drive (Any size)
- Military Care Package Items ( Mixed Nut Packs, Hand Warmers, Unscented Body Wipes, Travel Size Toiletries, Drink Mixes, Hard Candy, Condiment Packages, Jerky, AA and AAA Batteries)

Sponsored by Lane County 4-H



Join the FUN!  
at the  
Otis Bison vs Lacrosse  
HS Basketball game  
Friday, Dec 16th  
for a snack activity  
in the FCS room between the varsity  
girls and boys games.





Lacey Noterman

District Director  
Agronomy/Horticulture  
[lnote@ksu.edu](mailto:lnote@ksu.edu)

## Join Our Team!

The district currently has 2 open positions we are looking to fill immediately. We are accepting applications for a full-time Office Professional and a part-time (1200hrs/year) 4-H Program Assistant. Both positions will be housed out of our Rush County office located in LaCrosse. For more information please go to: [www.walnutcreek.ksu.edu](http://www.walnutcreek.ksu.edu) or feel free to email [lnote@ksu.edu](mailto:lnote@ksu.edu)

## Picking Out the Right Christmas Tree

If you buy your tree from a garden store or roadside lot, it's likely that it came from out-of-state and has been exposed to drying winds in transit - meaning, its going to have a much shorter shelf life than one that you've chopped down yourself. Either way, it is good to know how to choose the freshest possible Christmas tree.

- Look for a healthy, green tree with the least amount of brown.
- Pick a tree displayed in a shady location, not one that has been sitting in the sun!
- The needles should feel pliable and not fall off.
- Raise the tree a few inches, then drop. Very few green needles should fall off.

## Poinsettias

Poinsettias are a comforting symbol of the holidays. Did you know with proper care, this plant can last through the holidays and beyond?

Poinsettias should be kept in a spot with temperatures around 60-75 degrees F. Temperatures above 75 will shorten the life of the blooms and below 60 may cause root rot.

Place your poinsettia in a sunny window or the brightest areas of your room. Do not place in drafty windows.

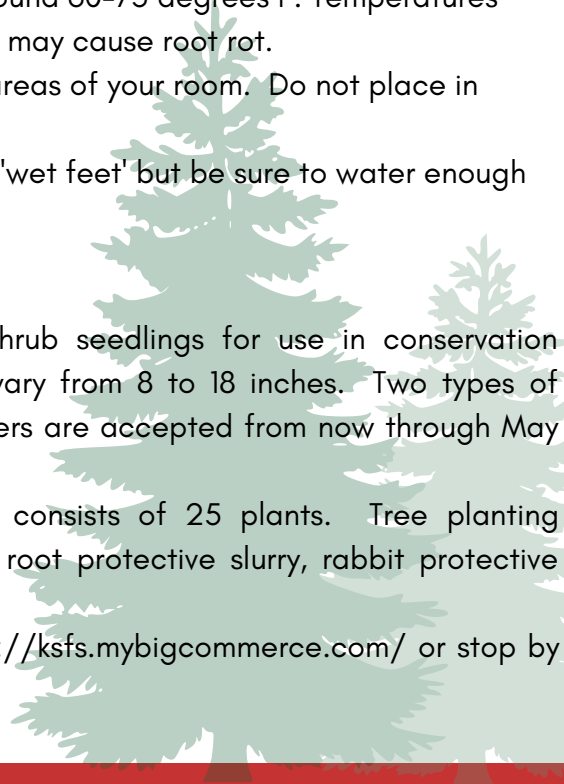
Avoid over-watering poinsettias because they do not like 'wet feet' but be sure to water enough because this plant will wilt and drop leaves.

## Kansas Forest Service Tree Sales

The Kansas Forest Service offers low-cost tree and shrub seedlings for use in conservation plantings. Plants are one to two years old and sizes vary from 8 to 18 inches. Two types of seedlings are offered; bareroot and containerized. Orders are accepted from now through May 1st. Orders are shipped beginning in mid-March.

All items are sold in units. Each single species unit consists of 25 plants. Tree planting accessories are also available including marking flags, root protective slurry, rabbit protective tubes, weed barrier fabric and tree tubes.

For more information and an order form, check out <http://ksfs.mybigcommerce.com/> or stop by your local Extension office.





# The Power of Negotiation & Communication

*Land Leasing Strategies for Midwestern Ag Women*



**Lease  
Agreement  
Basics**



**Landlord/  
Tenant  
Relations**



**Negotiation/  
Communication  
Skills**



**Conservation  
Practices**

## A 4-PART WORKSHOP FOR LANDOWNERS AND TENANTS

2023: Jan. 18 | Jan. 25 | Feb. 1 | Feb. 8 5:30-8:30 p.m. CT

**People's Bank and Trust**

210 S. Kansas, Ness City, KS

\$50 | REGISTER BY JAN. 13, 2023 AT

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



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Lacey Noterman, two weeks prior to the start of the event, Jan. 18th, at [lnote@ksu.edu](mailto:lnote@ksu.edu) or 785-798-3921. Requests received after this date will be honored when it is feasible to do.



This material is based upon work supported by USDA NIFA under award Number 2021-70027-34694



National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE