

WALNUT CREEK EXTENSION DISTRICT NEWSLETTER

NOVEMBER 2025

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November Dates

- 3 - Lane Fun Day & Lane 4-H Council
- 4. Election Day-Vote for WCD Extension Board
- 5 - Lane County Cloverbuds @ 3:30pm
- 5 - Western Kansas Forage Conference, Garden City
- 8 - 4-H Officer Training - 10 am - Ness City
- 10 - Rush Co 4-H Community Leaders meet
- 11 - Offices Closed - Veterans Day
- 13 - KSRE Partnership Meeting
- 18 - Part D Appointments at Otis Library
- 21 - Donnis Retirement Party - 4-6 pm-Lane Co.
- 24 - WCD Extension Board Meeting
- 27 - 28th - Office Closed- Happy Thanksgiving

December Dates

- Medicare Part D (SCHICK) Appointments -
call Kristen asap at 785-798-3921
- 1 - Lane County Monday Fun Days - Dighton
 - 3 - Beginning Farmer Conference - Garden City
 - 4 - Beginning Farmer Conference - Colby

Looking Ahead

Offices Closed - December 24, 2025 thru
January 1, 2026

- January 15 - Ag Profitability Conference - Hays
- February 3-Ag Profitability Conference-Garden City
- February 12-13 - Women Grow the Farm
- February 21 - District 4-H Club Days held in Ness City this year.

Lane County Office
144 S. Lane, Courthouse
P O Box 487
Dighton, KS 67839
620-397-2806

- Lacey Noterman, Director and Agriculture Ext. Agent
lnote@ksu.edu
- Chelsey Shapland, 4-H Program Assistant - cshapland@ksu.edu
- Donnis Maughlin, Office Professional-dmaughli@ksu.edu

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

- Robyn Trussel, 4-H and Youth Agent - rdeines@ksu.edu
- Kristen Schmidt, Family Community Wellness - kbschmidt@ksu.edu
- Randae Rufenacht, Office Professional - rrufenac@ksu.edu

Rush County Office
702 Main, P O Box 70
Lacrosse, KS 67548
785-222-2710

- Jared Petersilie, Agriculture Ext. Agent - jaredp11@ksu.edu
- Berny Unruh, Office Professional-bunruh@ksu.edu

*Happy
Thanksgiving*

K-State 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. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audiotape, and American Sign Language), may be requested by contacting the event contact, Walnut Creek Extension District, four weeks prior to the start of the event at 620-397-2806 or email lnote@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 vital information, will be provided free of charge to limited English proficient individuals upon request."



Kristen Schmidt
Family and
Community
Wellness Agent
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MEDICARE PART D OPEN ENROLLMENT

Open enrollment for Medicare Part D (Prescription Drug Coverage) begins October 15th and ends December 7th. Medicare drug plans change yearly, so now is the time to compare drug plans to find the best plan to meet your needs. K-State Extension can navigate you through the comparison and enrollment process from start to finish.

As a trained SHICK (Senior Health Insurance Counseling for Kansas) Volunteer, I can educate and assist in making an unbiased, informed decision best for you. Appointments are available in Ness City, LaCrosse, Dighton and Otis.

For more information, or to schedule an appointment, please call Family and Community Wellness Agent Kristen Schmidt at 785-798-3921.

LaCrosse - Open appointments on November 25th

Otis Library - Appointments available October 18th

Dighton Appointments - November 7, 14, 26 or by appointment

Ness City - Call the office in Ness 785-798-3921 to schedule an appointment



Recycle Your Pumpkins

When our decorative pumpkins pass their time and our jack-o-lanterns faces have fallen you may be thinking about throwing those pumpkins away. But wait... pumpkins can still be put to good use!

Pumpkins can be cut into small pieces and buried beneath leaf mulch in planters. Due to their high-water content, pumpkins will decompose relatively quickly and contribute organic matter back into the soil. Please remember, before doing this you must remove all seeds to avoid growing an unwanted pumpkin patch!



The raw seeds can be gathered and roasted for human consumption, or incorporated into feed for birds and other wildlife. Squirrels, deer and other animals will appreciate the meat of the pumpkin as food becomes scarce elsewhere. Farms and zoos will accept pumpkins from homeowners to feed to their animals also.



Lacey Noterman
District Director
Agronomy/
Horticulture
lnote@ksu.edu

WHAT TO DO WITH THOSE FALLING LEAVES

Beautiful fall leaves have begun to fall from the trees covering lawns. Leaves will continue to falling throughout November. It is very important to remove those leaves from your home lawns.

Scattering of the leaves will not harm your lawn however, excessive cover will prevent sunlight from reaching the turfgrass plants. Turf left in this state for an extended period of time will be unable to make the carbohydrates needed to carry it through the winter.

A few different options for handling fallen leaves include: composting, direct incorporation into gardens, and mulching.

Incorporating leaves directly into gardens is an easy method of making good use of leaves. To do so:

- Use a lawn mower to chop and collect leaves into a bagging attachment
- Transport leaves to the garden or flower bed and apply a 2-3 inch layer
- Till the leaves into the soil after spreading
- Repeat the process every two weeks until the weather is too cold or soil is too wet.

Another easy and effective option is mulching by mowing the leaves with a mulching mower and letting the shredded leaves filter into the turf canopy. Mulching will be the most effective if done often enough that leaf litter doesn't become thick.

You've moved plants indoors: Now what?

Cold temperatures have come to Kansas in bits and spurts this year, but enough so that many gardeners have moved cold-sensitive plants indoors recently.

Transition your plants to the indoors by gradually introducing them to less light, but if not they could possibly go into a period of shock. Symptoms will include yellowing leaves, dieback, and wilt. Some plants may not survive the shock if its extreme.

Water and Fertilizer: Whether indoors or out, the amount of light decreases from fall to winter, resulting in slower plant growth. This means the fertilizer and water needs will decrease.

Only provide water when the soil is dry about one-inch deep.

Fertilizer can be applied at one-fourth the recommended rate in November, then again in February.

Temperature: If the air temperature drops below 50 degrees Fahrenheit, the leaves of more sensitive plants may begin to yellow.

Humidity: When the humidity is lower, plants release more water from the leaves. Many common indoor plants prefer high relative humidity.

Light: Indoor plants should receive bright, indirect light either from a window or grow lights.

Avoid placing plants too close to windows that are drafty, or next to heat vents.

Some indicators that plants are not receiving enough light include:

- Elongated internodes (space between leaf/stem unions).
- Pale foliage color on new leaves.
- Dieback of older leaves.





Robyn Trussel
4-H Youth
Development Agent
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Be a 4-H Volunteer

Kansas 4-H invites you to make the difference in the life of a young person. Becoming a 4-H volunteer is a meaningful opportunity to impact the lives of young people while sharing your passions and skills. As a volunteer, you'll engage with youth in hands-on experiences that promote leadership, responsibility, and community involvement while working with trained extension staff and using research-backed curriculum. Contact 4-H Youth Development Agent, Robyn Trussel to start the screening process! We would love to work with you!

4-H Monday Fun Days

December 1, February 2, March 2 and April 6

1:00 - 5:00 pm at the Lane County Fairgrounds

Hands-on fun and lots of learning activities for all youth Kindergarten thru 6th grade.

Each afternoon will be filled with STEM activities, crafts, snacks and more!

The cost is \$8 per session (or \$35 for October, 2025 thru April. 2026)

A great place for youth on a Monday with no school in Dighton.

Questions? contact Chelsey Shapland at the WCED - Dighton Office 620-397-2806 OR

Robyn Trussel at the WCED - Ness City office 785-798-3921



Lane County 4-H Council Christmas Tree Fundraiser

We are getting our trees from
Delp Christmas Tree Farm in St. John, KS
Pre-order your tree now, limited quantity.

4-5 ft tall trees - \$65.00

5-6 ft tall trees - \$75.00

6-7 ft tall trees - \$85.00

7-8 ft tall trees - \$95.00

We will set up the weekend of Thanksgiving,
November 29-30
for pickup/delivery and to sale the
remainder of our trees.

Payments and Reservations can be
made at the Lane Co. Extension Office.

For more information contact
Tia McClure 620-295-0849 or
Robyn Trussel 785-798-5020



Escape Bad 4-H Meetings

Attend Officer's Training

Saturday, November 8th

Ness County Fairgrounds

10:00am to Noon

Donuts, Milk and Juice will be served.

Please RSVP to 785-798-3921 by November 5th

Work as a team to break the codes and
advance to a thriving 4-H Club.

**** Leader & Adult Volunteer session will be
offered as well.**



Teach Children to be Thankful

Some ideas that we can all incorporate into our daily interactions with children:

- Teach them to say thank you to the people who do things for them. This includes their server at a restaurant, a brother or sister who helps them pick up toys, or a friend who gives them a birthday gift.
- Tell your kids why you are grateful for them. Be specific in letting your children know they are special and loved. For example: 'I appreciate the way you help your brother tie his shoes.'
- Talk about the things you are grateful for. This can be done in many ways, from a blessing before dinner to keeping a family gratitude journal.
- Support a charitable event or organization. Whether you are donating clothes or toys, participating in a food drive, or baking cookies for a new neighbor, talk to children about what those actions mean to those who receive the kindness.
- Be consistent. Skills such as gratitude are not learned in one lesson.

"Be Thankful" Topics for Family Conversations

- What memory are you grateful for?
- Who in your life are your thankful for?
- What in nature are you grateful for?
- Who did something nice for you today?
- What I appreciate about my teacher is...
- My favorite family tradition is...
- Some thing money can't buy that I'm grateful for is...
- What are you most thankful for this year?



Be Kind

Leave a little kindness
everywhere you go,
someone could be hurting
and you may not even know.
Life is hard for all of us.
We all struggle from
time to time.
So if you can be anything
in this life,
I hope you choose
to be kind.

7-7-7 Parenting

The 7-7-7 parenting rule centers on three essential practices to enhance your bond with your child. These pillars focus on connection, attention, and reflection. They offer a holistic approach to parenting, cultivating a healthy and loving relationship.

Seven Minutes Connection in the Morning

Beginning the day with a positive note is vital. The first seven minutes of the day are crucial for connecting with your child. It could be a warm breakfast, morning affirmations, or just enjoying each other's company in silence. It's about being present and making your child feel seen and loved.

Seven Minutes of Undivided Attention After School/Work

After a long day, your child craves your attention and understanding. Seven minutes of your undivided attention can greatly enhance their sense of security and self-worth. This means no phone, eye contact, and a genuine conversation about their day. Active listening is key here, showing your child that you value their experiences and feelings.

Seven Minutes of Reflection Before Bedtime

Ending the day with a reflective conversation is beneficial. It helps your child process their day's experiences and emotions. This quiet time can involve discussing the day's highs and lows, practicing gratitude, or sharing thoughts and feelings. This reflective practice not only strengthens your bond but also helps in developing your child's emotional intelligence.

By integrating these three pillars into your daily routine, you create a nurturing environment that is crucial for successful parenting. They foster a lasting nurturing parent-child relationship.

Exploring the science behind the 7-7-7 rule reveals its potential to revolutionize family dynamics. This approach is rooted in research emphasizing the significance of daily routines and bonding between parents and children. As we dive into the evidence, we uncover valuable insights into effective parenting strategies that create a nurturing environment for children's growth.

Consistency is paramount in parenting, and the 7-7-7 rule leverages this principle. It establishes a daily rhythm that children can depend on. This consistency goes beyond discipline, offering a sense of security and stability essential for a child's emotional and psychological development.

FEED TOXICITY

Feed toxicity is a hot topic right now. Partially due to the aspect of Ergots, but also because of some mold found in corn harvest and the impending moist conditions that we see in the large rank forage sorghum crops. Big feed makes big windrows and drying them out is challenging, especially with the rain we've been receiving.

Finding molds in feed is not a new thing, and while moldy conditions are not desirable, not all molds are found to be toxic, so testing is the most feasible way to discern what is or is not toxic.

Acute or chronic toxicoses in animals can result from exposure to feed or bedding contaminated with toxins produced during growth of various fungi or molds on feed sources.

These toxins are not consistently produced by specific molds and are known as secondary (not essential) metabolites that are formed under conditions of stress to the fungus or its plant host. Michelle S. Mostrom, DVM with NDSU Veterinary Diagnostic Laboratory Toxicology has included these points to help understand the complexities surrounding a vast array of toxins.

Some principles that characterize mycotoxic disease include:

- The cause of mycotoxic disease may not be immediately identified.
- Mycotoxins are not transmissible from one animal to another. Often, young, immature animals are more at risk.
- Treatment with drugs or antimicrobials has little effect on the course of the disease. The first course of action is to stop the exposure to contaminated feed.
- Outbreaks are often seasonal, because particular climatic sequences may favor fungal growth and toxin production.
- Investigation of the outbreak indicates specific association with a particular feed.
- Large numbers of fungi or their spores found on examination of feedstuffs does not necessarily indicate that toxin production has occurred. Absence of fungi or their spores does not exclude mycotoxicosis (eg, feed storage or preparation conditions, such as acid treatment or pelleting, can destroy fungi while the heat-tolerant mycotoxin persists).

Mycotoxicoses are generally not successfully treated after diagnosis. A preventive approach with recognition of risk factors and avoidance or reduction of exposure is preferred. Best management practices are aimed at prevention of the occurrence of mycotoxins, inactivation of the preformed toxin in grain or feed, and adsorption or inactivation of the toxin in the GI tract; metabolism of some mycotoxins, especially in ruminant animals, can be supported by use of feed ingredients of good nutritional quality.

Testing of suspect grain at harvest, maintaining clean and dry storage facilities, using acid additives (eg, propionic acid) to control mold growth in storage, ensuring effective air exclusion in silage storage, and reducing storage time of prepared feeds are established procedures to prevent mycotoxin formation. Acidic additives control mold growth but do not destroy preformed toxins.

There are no specific antidotes for mycotoxins; removal of the source of the toxin (ie, the moldy feedstuff) eliminates further exposure. The absorption of some mycotoxins (eg, aflatoxin) has been effectively prevented by aluminosilicates.



Jared Petersilie

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Retirement PARTY

IN HONOR OF:

Donnis Maughlin

*Walnut Creek Extension District
Lane County Office Professional*

FRIDAY

November

21

2025

4:00 - 6:00 PM

The come-and-go reception will be held at

Lane Co. Community Room

Lane Co. Courthouse

144 S. Lane, Dighton, KS

