

K-STATE RESEARCH AND EXTENSION



WALNUT CREEK EXTENSION DISTRICT

NOVEMBER 2023

www.walnutcreek.ksu.edu

Welcome

Kristen!

My name is Kristen Schmidt and I am your new Family and Community Wellness Extension Agent for the Walnut Creek District.

I was born and raised in Ness County and graduated from Lacrosse High School. I attended Fort Hays State University where I received a Bachelor of Administration degree with a minor in psychology. In 2005, I joined the staff of the Northwest Kansas Area Agency on Aging as a case manager. In 2010 I was promoted to Nutrition Director, where I continued to work until coming to the Walnut Creek Extension District in October.

My husband Brad and I currently reside west of Hays near Yocemento. We have two children Katie, 16 and Blake, 19. Our family is planning to relocate back to Ness County in the spring.

Aside from keeping up with 5 dogs, I enjoy camping and boating in my free time. It's a great way to spend time with family and friends, while still being able to relax and have fun.

I am looking forward to working with everyone in Lane, Ness and Rush Counties!



Walnut Creek District Offices

LANE COUNTY OFFICE
144 S. LANE, COURTHOUSE
P O BOX 487
DIGHTON, KS 67839
620-397-2806

- Lacey Noterman, Director and Agriculture Ext. Agent - Inote@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 Extension Agent - jaredp11@ksu.edu
- Berny Unruh, Office Professional bunruh@ksu.edu

Please join us in Lane County as we meet Kristen, Walnut Creek District Family and Community Wellness Agent. Can't make it? Don't worry we will be hosting a "meet and greet" in Rush and Ness counties also!



Meet and Greet



K-State Research & Extension Walnut Creek District would like to invite you to come and meet our Walnut Creek District Family and Community Wellness Extension Agent,

Kristen Schmidt.

on
November 8, 2023
2:00pm - 4:00pm (come and go)

at

Community Room
144 S Lane, Courthouse
Dighton, Ks



*Special thank you to the Spring Creek FCE group
for sponsoring this event!*



Kansas Farm & Ranch Transition Conference

Join Kansas State University Department of Agricultural Economics' Office of Farm and Ranch Transition for a conference to help prepare for the transition to the next generation.

March 6, 2024 from 8:30am – 4:00pm at the Clarion Inn in Garden City, KS.



Lacey Noterman

District Director
Agronomy/Horticulture
lnote@ksu.edu



Garden Mums

Mums that have finished flowering can be cut back around two to three inches. Once you have trimmed the mums back, apply a layer of mulch over the top for protection through the winter. Or you can leave the top growth intact through the winter, if you wish. This will also provide some insulation for the crown, but some gardeners prefer to tidy up the plant before going into winter.

Regardless of fall maintenance practices, garden mums should not be allowed to dry out during the winter. If there has not been any precipitation in the form of rain or snow it will be necessary to apply supplemental water throughout the winter.

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.





Pine Tree Diseases & More Workshop

FEATURED SPEAKER

Judy O'Mara

*K-State Plant Pathology, State Extension Leader
K-State Plant Disease Diagnostic Lab, Director*

This educational lunch hour will be offered via zoom. Watch it in the comforts of your home or stop by the Community Room to watch it on the big screen with others. Presenter will be live via zoom and willing to answer questions.

Come learn about pine diseases, how to spot the symptoms to minimize damage, and treatment. Other topics include care and management.

K-STATE
Research and Extension

Walnut Creek District

Lane County Office
144 S. Lane, Courthouse
Dighton, KS
620-397-2806
lnote@ksu.edu



REGISTER AT:

https://kstate.qualtrics.com/jfe/form/SV_eP3lymgUI6lyVoy

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 at 620-397-2506. Requests received after this date will be honored when it is feasible to do so. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.

**WEDNESDAY,
NOVEMBER 15, 2023**

**NOON HOUR
(12:10 – 12:50PM)**

**LANE CO. COMMUNITY ROOM
144 S. LANE, COURTHOUSE
DIGHTON, KS**



MEDICARE

Medicare Part D

It's that time of year again to begin thinking about Medicare Open Enrollment. Open enrollment runs from October 15-December 7, with coverage beginning January 1. This is the time of the year when you should review your Medicare prescription drug coverage and make changes if your current plan no longer meets your needs, or if you could lower your out-of-pocket expenses.

During your appointment we will make sure all of your prescription medications are on the plan formulary in 2024, and that your pharmacy is still in the plan network. Costs such as deductibles and copays can change from year to year. Using the plan finder, we can identify whether your current plan will best meet your needs for 2024 and compare it to other options that are available.

The Walnut Creek Extension office will be helping beneficiaries with comparison, selection and enrollment in drug plans from December 1-December 7. Email Kristen at kbschmidt@ksu.edu or call 785-798-3921 to schedule an appointment.

A TIME FOR GIVING

For many of us, Thanksgiving kicks off the giving season. If donating to a local food pantry is on your "to-do" list, consider giving the gift of health by donating nutrient-rich, non-perishable food items this holiday season. Here are some healthy donation suggestions:

- o Canned fruit packed in water or 100% juice
- o Dried fruit
- o 100% fruit juice
- o Low-sodium or no-salt added canned vegetables
- o Low-sodium soups
- o Whole-grain crackers, brown rice, whole-grain pasta, oatmeal
- o Canned beans (no-salt-added or low-sodium) or dried beans, lentils
- o Canned tuna or salmon (water-packed)
- o Canned chicken
- o Nonfat dry milk, evaporated milk, or shelf-stable milk





November Clover Connection



4-H Volunteers Needed:

Walnut Creek District 4-H invites you to make the difference in the life of a young person. Volunteers make 4-H possible through the passion, skills, and talents they share with young people. 4-H Volunteers are screened and receive ongoing training. Assisted by the local 4-H staff, they guide youth learning, using research-backed curriculum. Would you share your time with our 4-Hmembers?

A volunteer position can be personally written for the volunteer. Do you have 2 hours that you could share with 4-H Youth? Do you have 2 hours a month that you could share with our kiddos? Or do you have 2 hours each week to work with a small group of 4-H members?

We know our communities are full of talented citizens that have skills and lessons that could be passed on to the next generation.

Will you help us teach our youth?

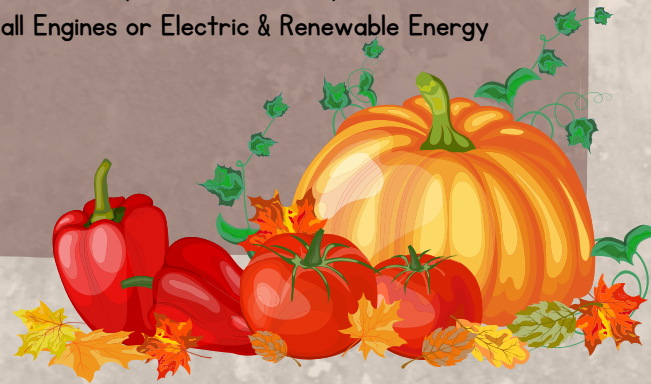
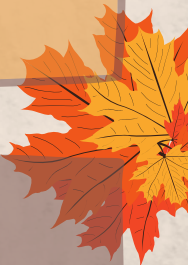
We are looking for "episodic" short term volunteers that have a few hours, and we are looking for long term volunteers to serve as a Project Leader. If you are interested in

helping us out please
email rdeines@ksu.edu
or call 785-798-5020



PROJECT AREAS

Livestock (Beef, Sheep, Swine, Horse)
Small Animals (Poultry, Rabbits, Pets)
Veterinary Science
Communication, Leadership or Civic Engagement
Performing Arts, Fiber Arts or Visual Arts
Photography
Sewing & Textile Design or Shopping In Style
Foods & Nutrition or Health & Wellness
Interior Design & Architecture
Geology, Wildlife or Entomology
Shooting Sports
Reading
Agronomy, Forestry, Horticulture & Landscape Design
Ag Mechanics Welding
Woodworking
Building Block Engineering
Astronomy, Robotics, Aerospace, UAS
Small Engines or Electric & Renewable Energy





Evaluation of Christmas Gift Giving

As the number of weeks to Christmas slowly creeps into the single digits, many parents are already getting a pretty good idea of this year's hottest toys.

LCD Writing Tablets, Flying Orbs, Robot Toys, STEM Kits, Craft Kits and Dance mats just to name a few of the hot items on the wish lists. As I looked up some of the hot items, it looks like if it has blinky lights it will be a hit.

Children may be asking for the flashiest and brightest – and by association, often the most expensive – toys this year, but K-State Research and Extension child development specialist Bradford Wiles says those may not always be the best choice for their long-term growth.

Every family is different – and children's experiences and expectations around festive gift giving can vary greatly. As parents, it can be challenging to finely balance this. Financial pressures, peer pressure and difficulty understanding which exact version of game, which model truck or which outfit for a doll that your child wants can increase the stress of parents.

Children – particularly young children – have little ability to understand the true cost of the items they desire. As their parent, it is up to you to set a reasonable level of expectation in terms of money spent, the number of gifts received and what your children can expect.


- **Model good behavior.** Your children get their views about getting or giving gifts from you. Be careful about the language you use regarding gifts. Try to talk more about giving gifts, particularly to those in need. Try to focus less on what your children are getting.

- **Be aware of what your child is being exposed to,** advertisements, conversations with friends, what they hear at school and in public. Make sure to challenge any ideas about what is or is not appropriate as soon as you hear them mention the gifts in a positive way.
- **Don't focus on presents.** This is easier said than done. We live in a society that is driven by consumption, but your family can focus on the other aspects of the holidays. Talk to your children about what else they are excited about: spending time with family, food, putting up decorations and the like.

As a youth development agent when I think of gift giving I think of board games that lead to life skills and learning. I look for gifts that help children use their creativity and imagination. I think of a four-gift limit – something they can read, something they need, something they can wear and something that they really want.

As a grandparent of children who definitely have too much stuff, we have started looking at gift giving opportunities that are more of an experience such as tickets to a movie, a trip to the zoo or paying for out of school time Maker Space activities. Another option is a magazine subscription that gives all year long and keeps the learning going throughout.

So, before you just run out and buy the hottest toy on the wish list take some time to evaluate the gift giving in your household. Determine what you really want to give your child; do you want them to learn and develop life skills or do you want them to have a gift that truthfully might lose its excitement before Christmas break is over. For more child development and parenting topics reach out to your local Extension Office.



Heart of Kindness and Being Thankful

The upcoming holidays are the perfect time to teach young children a very important life lesson about gratitude, being inclusive and showing thanks that will last well past the season.

In 4-H the H for heart teaches our youth to be loyal and the H for hands teaches our youth about service. November is a great time to focus on being kind, and showing gratitude toward our community.

**Model Gratitude Out Loud.
Read Books about Kindness.
Donate with Children.
Talk about Gratitude.
Make being thankful part
of everyday.**



Thankful Topics for your family

1. What memory are you grateful for?
2. Who in your life are you thankful for?
3. What in Nature are you grateful for?
4. Who did something nice for you today?
5. What I appreciate about my teacher is...
6. My favorite family tradition is...
7. Some thing money can't buy that I'm grateful for is...
8. What are you most thankful for this year?



1. Teach them to say thank you to the people who do things for them. That can be their server at a restaurant, a brother or sister who helps them pick up toys, or a friend who gives them a birthday gift.
2. 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.'
3. 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.
4. 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.
5. Be consistent. Like all skills, gratitude is not learned in one lesson.

Helping Kids Stop Bullying

Let your child know that bullying is not OK and can bring serious consequences at home, school, and in the community if it continues. Try to understand the reasons behind your child's behavior. In some cases, kids bully because they have trouble managing strong emotions like anger, frustration, or insecurity. In other cases, kids haven't learned cooperative ways to work out conflicts and understand differences. Talking to your kids about being kind is IMPORTANT!



TAX STRATEGIES FOR MIDWESTERN FARM AND RANCH WOMEN

NOV. 28 | DEC. 5 | DEC. 12



Tax Strategies for Midwestern Farm and Ranch Women is a three-part extension workshop produced in collaboration between Women in Agriculture programs in Kansas, Indiana, and Nebraska. It will focus on the basics of tax planning for farms and ranches. Speakers will be broadcast virtually via Zoom. Attending this series offers you the chance to build your tax management knowledge and skills.

Participants are encouraged to attend all three sessions and recordings will be provided to registered participants. The sessions are open to anyone.

Program runs 6:30-8:00 pm Central Time each night.

Nov. 28th, Dec. 5th, Dec. 12th

Fee: \$30.00 for entire series.

Zoom connection information will be emailed upon registration.

REGISTER BY NOVEMBER 27TH

NOTE: THE REGISTRATION LINK IS A UNL SITE, BUT THE PROGRAM IS HOSTED JOINTLY BY K-STATE, UNL AND PURDUE.

MORE INFO

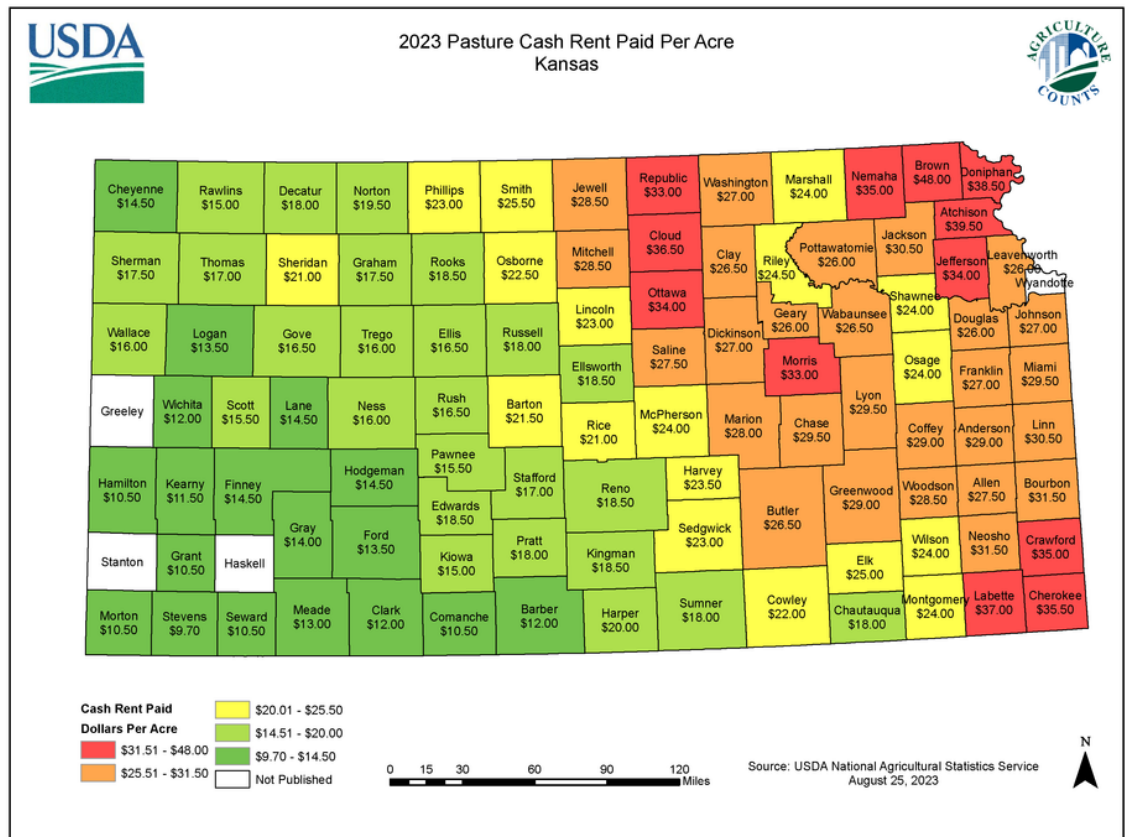
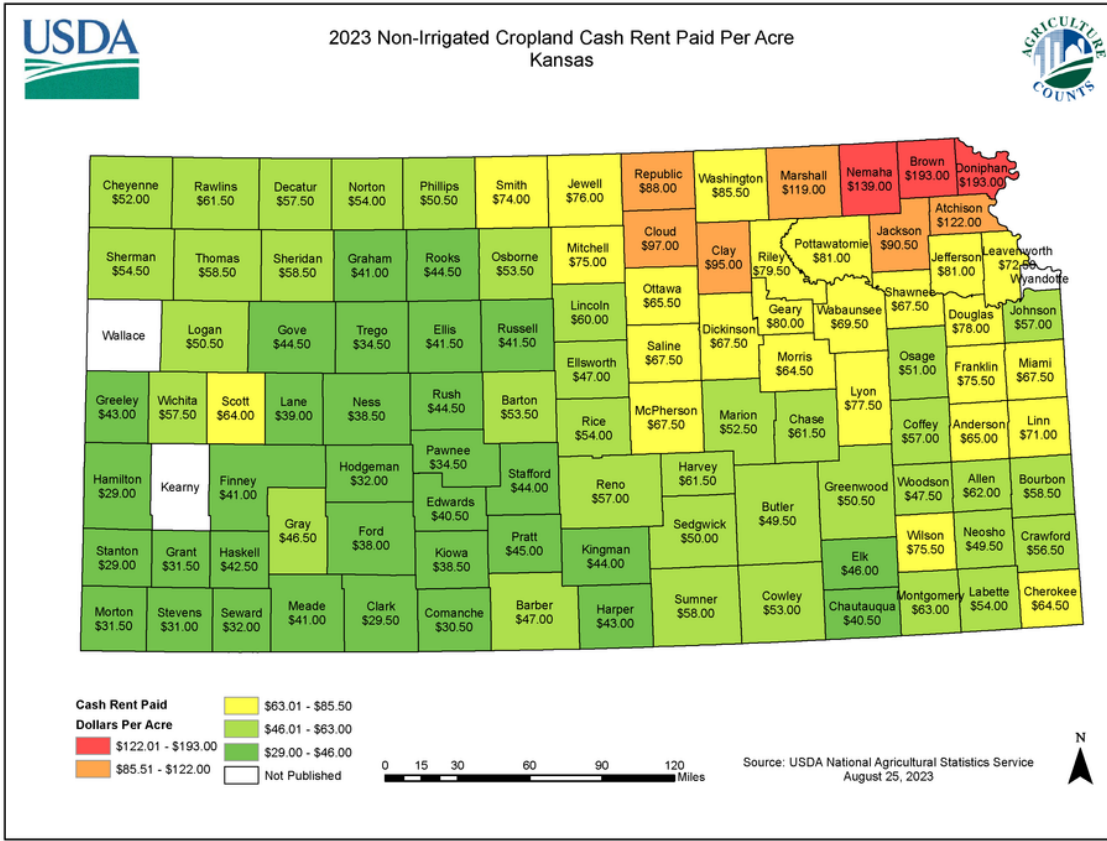
Questions?

Robin Reid: robinreid@ksu.edu



Jared Petersilie

Extension Agent
Animal Sciences
Farm Management
jaredp11@ksu.edu



Upcoming Dates

November:



- 7: Election Day - Don't forget to Vote for Extension Board Members
- 8: Open House for Kristen Schmidt, FCW Agent, in Dighton 2:00-4:00pm Dighton Community Room
- 10: Office Closed in honor of Veteran's Day
- 12: Ness Achievement Celebration at 5:00pm
- 13: Rush County Community Leaders meeting
- 15: Pine Tree Program in Lane
- 17: Early Dismissal Youth program in Lane
- 18: 4-H Officers Training in Ness City 10:00am
- 23-24: Office Closed in observation of Thanksgiving
- 27: Walnut Creek District Extension Board Meeting 6:30pm



We here at Walnut Creek Extension District are Thankful for our clientele and stakeholders. Our staff is always here to help you with your everyday questions. We may not know the answer but we are willing to reach out to our resources and help you with your issues. From Farm to Fork, yard, budgets, health and 4-H whatever your Family is dealing with we want to help.

It is exciting to be fully staffed with all four agents across the district, we just revised our weekly office schedules and when the dates and such work, our office schedules will be as follows:
Lacey Noterman will be in Lane on Mon., Thurs. and Fri and in Rush on Tues. and Ness on Wed.
Robyn Trussel will be in Ness on Mon., Tues. and Fri, in Rush on Wed. and Lane on Thurs.
Kristen Schmidt will be in Ness Mon., Thurs. and Fri, Rush on Tues. and Lane on Wed.
Jared Petersilie will be in Rush Mon., Thurs. and Fri, Lane on Tues. and Ness on Wed.
If we are not in your local office we are always available by phone or email.

