

December 27, 2019

Jody G. Holthaus
District Extension Agent
Livestock and Natural Resources

No news from Jody this week.

David G. Hallauer
District Extension Agent
Crops & Soils/Horticulture

Farm Bill Meeting Details Finalized

ARC or PLC? The acronyms associated with the 2018 Farm Bill aren't much different than they were five years ago. What's changed is the current farm economy, and another Farm bill sign up means a chance to evaluate options in light of that change in farm economics.

To help sort out some of the details, as well as provide tools that might help producers evaluate their ARC/PLC options, six Farm Bill education meetings have been scheduled across the Meadowlark Extension District.

Meetings will be held at both 10:30 a.m. and 1:30 p.m. on January 14, 15, and 16. On Tuesday, January 14th, we'll be at the Jackson County Courthouse Meeting Room located in the NW Corner of the ground floor of the Courthouse on the square in Holton. The Nemaha County Community Building, 1500 Community Drive, Seneca will be the host for our meetings on Wednesday, January 15th. Thursday, January 16th, we'll be at the Oskaloosa City Hall Meeting Room located at 212 W. Washington Street in Oskaloosa. Each meeting will last just over an hour, with presentations by local Extension staff and County FSA Directors sharing information on enrollment details and aids to help you in the decision making process.

An RSVP is requested 24 hours in advance of the meeting you plan to attend if possible for handout purposes. Walk-ins are welcome. RSVP to your local District Extension Office (Holton: 785-364-4125/Seneca: 785-336-2184/Oskaloosa: 785-863-2212) or e-mail to me at dhallaue@ksu.edu. Information will also be available at www.meadowlark.k-state.edu under the Crops & Soils Link.

Crop Production Meeting Opportunities

Winter is Extension meeting season and January will not disappoint. In addition to Farm Bill meetings, a host of other opportunities are coming up as well.

If you're a soybean producer, consider a KSU Soybean Production School, sponsored by the Kansas Soybean Commission. Topics will include weed control, crop production practices, soil fertility, and insect/disease management. Our NEK versions will be held on Wednesday, January 22 at two locations. The morning session will be at the Cedar Ridge Restaurant (4 miles NW of Atchison) running from 9:30 to 1:30. RSVP by January 17 to Ray Ladd (cladd@ksu.edu). The afternoon session runs from 3:30 to 7:30 p.m. at the Helvering/Senior Center in Marysville. RSVP by January 17 to Anastasia Johnson, anastasia@ksu.edu. There is no cost to attend. Online registration is available: <http://bit.ly/KSUSoybean>.

Plus, it's not too late to RSVP for the Nutrient Management/Soil Health Workshop on Thursday, January 23rd at the Evangel United Methodist Church (227 Pennsylvania St.) in Holton. Efficient nutrient use will be our focus, with an emphasis on managing nutrients in an economically and environmentally sound manner.

The program runs from 9:45 to 2:30, with presentations from two KSU Soil Fertility specialists as well as representatives from the Jackson Co. Conservation District, NRCS, KS Department of Wildlife, Parks and Tourism, and area WRAPS groups. RSVP for the sponsored lunch by January 14th to Brian Boeckman at the Jackson County Conservation District at 785-364-3329, extension 136 or via e-mail to brian.boeckman@ks.nacd.net. A program flyer and information can be found online under the Crops and Soils tab at www.meadowlark.k-state.edu.

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Cindy Williams
Meadowlark Extension District
Food, Nutrition, Health, and Safety

No news from Cindy this week.

Nancy Nelson
Meadowlark Extension District
Family Life

A New Year's Resolution for parents

A new year is often the time when people make resolutions to exercise more, eat healthier or save more money.

But Kansas State University child development specialist Bradford Wiles says one of the best resolutions that parents can make is to strengthen the connection with their children.

For parents, that could mean making additional time to read to young children, or involving them in preparing their lunch. Even young children can help with laundry by putting their folded clothes into their drawers.

“Kids want to be like mom and dad, or like aunt and uncle,” Wiles said. “It’s our job to show them how to do that, to be really intentional – and the greatest thing is that it is its own reward. When you’re doing that and they’re paying attention and you’re able to build that bond, it is good for parents, too. It’s not just children that benefit.”

As parents interact with their children more purposely, the child also begins to develop more self-worth, Wiles said.

As children grow, parents can also be intentional in how they increase their helping skills. For example, younger children may first be taught to wash spoons, but as they grow older, they can move up to forks and knives. And when the child does well, help them understand why it was a job well done.

“Use the word ‘because,’” Wiles said. “Children may not understand ‘why’ things were great. So tell them, ‘you did a good job because you used the towel the way I showed you,’ or, ‘you put enough soap into the basin. ...’

“It’s about helping them understand that you care about their development. As a parent, you are always modeling behaviors and providing feedback, and helping them understand why things are ‘good.’”

Wiles also said parents should be intentional in putting down electronic devices in favor of spending time with children. He said when parents are constantly looking at phones or tablets, “you’re modeling this as socially acceptable.”

“You are essentially saying that ‘whatever is on the phone or tablet is more important than you are,’ and I just don’t think that is the message we want to convey,” Wiles said. “I would submit that we have plenty of time for that after our children go to bed. It is important for us to pay attention and be intentional and engaged because it goes by very quickly. It makes a big difference in our children’s lives.”

Wiles adds: “Positive attention goes a long way in preventing behavior problems. At our core, we want to be loved and we want attention from our loved ones. Children will certainly remind you of that, and I think it’s good that you want to be there for them. One of the greatest things to honor is that you can show them that they’re valued.”