

January 4, 2019

Jody G. Holthaus  
District Extension Agent  
Livestock and Natural Resources

Jody is out of the office today.

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

***Agriculture Business Planning – Meetings to Assist***

Most agriculture producers are very interested in production. Producers like to produce – not spend all day looking at numbers that may not always look too rosy. Hopefully, we can make the business side of agriculture a little bit easier with some upcoming educational events.

QuickBooks for Ag will be a recordkeeping training using the popular QuickBooks Pro software. This event will be held Tuesday, February 5<sup>th</sup> at the Colonial Acres Events Center in Oskaloosa with generous sponsorship from the Bank of McLouth and Taylor Insurance Service, LLC. There will be a minimal cost to attend and seating is limited. More information on QuickBooks for Ag (including registration cost/time/etc...) will be available in this space next week and online at [www.meadowlark.ksu.edu](http://www.meadowlark.ksu.edu). For more details or to RSVP, contact the Oskaloosa Office of the Meadowlark Extension District at (785) 863-2212 or e-mail me at [dhallaue@ksu.edu](mailto:dhallaue@ksu.edu).

Organizing Your Farm for the Next Generation is the theme of a farm transition workshop scheduled for Wednesday, February 13<sup>th</sup> at the NEKS Heritage Complex south of Holton. Mark Peterson is a producer from Stanton, IA with a unique story of receiving a farm, as well as looking to transition for the future. He will tell about his experiences before we turn the floor over to Roger McEowen, Kansas Farm Bureau Professor or Agricultural Law and Taxation at Washburn University. The meeting will start at 1:30 p.m. No RSVP is required, but if you want further details, contact the Holton Office of the Meadowlark Extension District at (785) 364-4125.

Leases are always a popular topic of conversation, and interest continues to be high as landlords and tenants alike evaluate crop production budgets that seem to include lower revenues and flat to even slightly higher expenses. KSU Ag Economist Dr. Mykel Taylor will be the keynote speaker at our KSU Lease School on Tuesday, February 19<sup>th</sup> at the Community Building in Corning. Starting at 1:30 p.m., Dr. Taylor will discuss the latest in rental numbers and arrangements to help you make your lease decisions. For more information, contact any Meadowlark Extension District Office or e-mail me at [dhallaue@ksu.edu](mailto:dhallaue@ksu.edu). There is no cost to attend and RSVP is not required.

Each of these trainings is designed to provide you information on another piece of the economics puzzle when it comes to your farming operation. From budget numbers to keeping track of them to trying to figure out how to manage them for the future of the operation, we hope you'll want to attend one – or all. For further information, contact any Meadowlark Extension District Office or e-mail me at [dhallaue@ksu.edu](mailto:dhallaue@ksu.edu).

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

## Things to Start—and Stop—Doing in 2019

The biggest flaw with New Year's resolutions is that we typically bite off more than we can chew. We're not setting realistic goals. As such, we end up disappointed and, often, with a forgotten resolution by the time February rolls around. Here are some realistic goals that anyone can accomplish in a calendar year. Things that are not only doable but also enjoyable and will eventually become second-nature. You might even forget they were resolutions. The best part? Each contributes to a happier life and healthier body and brain.

**Take more YOU time:** Maybe you gave a little too much to others this past year and not enough to yourself. Perhaps you were stretched too thin or overextended yourself. That's ok! It was a time for learning and growing. In the new year, it's ok to say "no" sometimes and take a little more time for yourself. Whether it's for getting organized, doing a solo workout, or just binge-watching your favorite show from your bed, allow yourself some personal space in 2019.

**Stop doing the one workout you hate:** This is your year; this is your time. You don't have to run to lose weight, you don't have to do indoor cycling to be healthy (or cool). If you truly hate running, then why are you doing it? If the answer is "because I have to," you're wrong. The same goes for all other activities. Use the new year to find something else that you do love that will have the same kind of healthy effects on your body and brain.

**Learn one new healthy recipe you love:** You can definitely accomplish this in a calendar year—after all, you only have to find one. This may take a little trial and error (particularly if you're new to the kitchen arena), but once you find something you love, you can incorporate it into your weekly menu—and thus, daily eating habits—for years to come.

**Add one low-impact workout to your routine:** Running and other high impact routines are great workouts, but sometimes your knees need a break. Supplement your high-impact routine with some low-impact strengthening exercises. Mixing your workouts up will help extend the life of your joints and allow for many more workouts for years to come.

**Choose gratitude each day:** Want to inject more joy into your year? Start each day with a gratitude reflection. What are you grateful for? What makes you happy? Focus on the good to improve your mood, and your physical health will follow suit.

**End the negative self-talk:** You need to stop beating yourself up this year. Do your best in 2019 to give yourself grace, kindness, and patience. Start giving yourself more compliments, and make this year about no negative self-talk—ever. The more you berate and degrade yourself, the harder your year will be; you'll also have a much harder time reaching your healthy goals.

**Create a bedtime routine:** This year, try to get more sleep! One of the ways you can ensure that happens more often is by creating a nightly ritual that'll help ease your anxious feelings and soothe you into a sound slumber. Maybe aromatherapy speaks to you, or you're up for trying some Chamomile tea—whatever it is, it'll help you snooze, which in turn will positively impact your health and mood all year long.

January 4, 2019

Nancy C. Nelson  
Meadowlark Extension District  
Family Life

Nancy is out of the office today