



## 4-H & Youth Development

Madeline Wallace – 4-H & Youth Development Agent

Happy New Year, Butler County 4-H members! As we begin 2025, it's the perfect time to focus on building healthy habits. Staying active, even in the winter, is key—try indoor activities like yoga or dance, or enjoy outdoor fun like sledding or hiking. Eating healthy can also start with small changes, like adding more fruits and veggies to your meals or learning new, healthier recipes. Don't forget about your mental health—take time each day for mindfulness or journaling, and aim for 8-10 hours of sleep each night to recharge your body and mind. Another great way to stay healthy is by volunteering and staying connected with your community. Helping others not only gives back but also boosts your own well-being. Set realistic goals for yourself this year, whether it's staying active, eating better, or taking time for relaxation. Remember, small changes add up, and with consistent effort, 2025 can be a year full of growth and health for you and your 4-H projects!

## Family Consumer Sciences

### **Take a Kinder Approach to Your Goals**

Bonnie Brewer – FCS Extension Agent

Often when it comes to goal-setting, we often think it's all or nothing. We think, 'I have to do this' or 'I have to be focused...' That is not necessarily the best or most successful way to achieve what you're looking for. Instead, take the long view on goals. When it comes to pursuing goals, even a little progress means a lot. Take a kinder, more gentle approach.

Think about this: there are 168 hours in a week, how much of that time do you actually need to achieve your personal, financial, health, or other goals? Some things only take about an hour a week. You can make a big amount of progress on a project by spending an hour or two a week on a regular basis.

For example, if you want to read a book, but feel overwhelmed, spend just 5-10 minutes a day reading. Or if a goal is to get in better physical shape, dedicate 15-20 minutes a few times a week as an entry point.

This approach to goal-setting works when managing the family's finances, too. If you want to increase your family's emergency fund... what you could do is plan to put aside a small amount each month, perhaps as little as \$10 per month. That might not seem like a lot, but over a year, that's \$120 for your emergency fund that you didn't have previously.

It's important to share your goals as a family, particularly when it comes to spending money. When appropriate, involve kids, particularly as they grow older and transition into helping with such expenses as vehicles, insurance, weddings and more. Sharing your goals as a family can allow for the family to work together, grow together, and keep one another accountable.

## Agriculture

### **Notice to Terminate a Lease**

Charlene Miller – Agriculture Agent/Extension Director

For all leases, except written leases signed by the parties that provide otherwise, Kansas law provides that notice to terminate farm and pastureland leases must be given as follows: 1. in writing 2. at least 30 days prior to March 1, and 3. must fix March 1 as the termination date of the tenancy. Any notice to terminate which does not comply with the above requirements is inadequate and the tenancy will continue. The law previously applied to "farm" leases and some question existed whether the termination requirements applied to pasture leases. The Kansas legislature recently amended the law, and it is now clear that pastureland leases also must be terminated in this manner except when the parties agree otherwise in writing. For purposes of this termination rule, "pastureland" means land used for livestock grazing or hay production, or both, and includes perennial vegetation.

For more information on the Kansas Ag Lease law, you can contact Charlene or you can visit: A wide range of Ag lease information is available under the Farm Management section of the [www.agmanager.info](http://www.agmanager.info) web site. Another good site is [www.Aglease101.org](http://www.Aglease101.org)

## Horticulture

### **Winter Care of Tools**

Calla Edwards – Horticulture Agent

Winter, with its cold, dreary days, is the perfect time to prepare your garden tools for the growing season. If taken care of properly, tools can last for years and make your job easier. If you don't take care of your tools they can quickly rust, become dull, and make gardening harder. Here are a few tips to help keep your tools in top shape for this gardening season.

The first step with your tools is always to get them cleaned up. It's best to remove the soil from your tools right after you are finished using them, but that isn't always possible. Soap and water are an easy way to remove dirt from any tool. Use a wire brush or steel wool for stubborn dirt or small creases. If the tool is covered in sap you can use rubbing alcohol, mineral spirits, or a foaming bathroom cleanser.

The second step is to disinfect any tools to prevent the spread of diseases among your plants. Ideally, this step should be done after every use but that can be hard on tools. One of the easiest ways to clean your tools is by soaking them for 30 minutes in a diluted bleach solution containing 9 parts of water to 1 part of bleach. You can also wipe tools using 70 to 100% rubbing alcohol. Once the tools are clean and disinfected you can sharpen your shovels and pruning tools. Sharp tools make any task easier, especially pruning or digging with a shovel.

The final step with tools is to inspect the handles and sand down any rough spots to prevent splinters. Treat the wooden handles with linseed or mineral oil to keep the wood strong and help the tools last longer. If you do have tools that need replacing, now is the time to do it before the growing season starts.

## Contact us:

Phone: (316) 321-9660

Facebook: @ksrebutlerco

Web: Butler.K-State.Edu

Twitter: @ButlerExtension

Address: 206 N Griffith St, Ste. El Dorado, KS 67042

See our full Newsletter at <https://www.butler.k-state.edu/newsletter.html>

For KSRE publications and information,

visit [www.ksre.ksu.edu](http://www.ksre.ksu.edu)

Join Us For Our 2025 Quarterly Extension Connection

# Mug Mingle



**Grab a mug and mingle with your local  
Butler County Extension Staff**

**Friday, January 10th from 7:45-9:00 a.m.**

**Save the dates: April 11th, July 11th, and October 19th**



# WINTER GREENS AND WINTER BLUES

**Thursday, February 13, 2025**

**6:00 p.m.**

**Andover Public Library**

**1511 E Central Ave, Andover, KS 67002**



**K-STATE**  
Research and Extension

Butler County



The long winter months are upon us. Longer hours of darkness coupled with the colder temperatures can bring feelings of “winter blues.”

Join in an interactive program with Bonnie Brewer and Calla Edwards as they share tips to prevent those winter blues from sneaking up on us to maintain positive mental health.

Together we will explore house plants, breathing techniques and so much more!



K-State Research and 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 for communication (e.g., Braille, large print, audio tape, and American Sign Language), may be requested by contacting the event contact Bonnie Brewer four weeks prior to the start of the event at 316-321-9660 or [bjbrewer@ksu.edu](mailto:bjbrewer@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.

K-State Research and Extension is an equal opportunity provider and employer.

#KSTATEGARDENHOUR

# K-STATE GARDEN HOUR

## 2025 New Year Launch

First Wednesday of the Month

12:00 PM- 1:00 PM CST

**January 8th\***- Sowing Success: Research-Based Gardening for Beginners *\*(second Wednesday)*

**February 5th-** Maximizing Water Efficiency Through Drip Irrigation

**March 5th-** Establishing a Native Prairie Stand at Home

The K-State Garden Hour is a free webinar series hosted by K-State Research and Extension horticulture staff across the state. We hope you'll join us on the first Wednesday of each month as we discuss new and relevant gardening topics. The presentations will be given live from Noon to 1:00 pm CST with a 45-minute presentation and 10-15 minutes for questions and answers. Sessions will be recorded and posted to the website after each event. Your one-time registration will allow you to participate live in any of the featured presentations within the 2025 K-State Garden Hour series.

**\*January Webinar postponed one week, until January 8th, due to the federal holiday.**



Register Here!



Please register for this free Zoom Webinar at:  
[ksre-learn.com/KStateGardenHour](https://ksre-learn.com/KStateGardenHour)



**K-STATE**  
Research and Extension

# RAIN BARREL CLINIC

Andover Public Library  
1511 E Central Ave, Andover, KS  
Clinic is free!  
Make your own rain barrel for \$50!



**SATURDAY,  
FEBRUARY  
8TH AT  
9:30 A.M.**



**K-STATE**  
Research and Extension

Butler County

- ✓ How to make a rain barrel
- ✓ How to care for a rain barrel
- ✓ Plants for a Resilient Landscape
- ✓ How to reduce water use in the garden and landscape

**RSVP FOR A RAIN BARREL BY  
JAN. 30TH  
CALL (316) 321-9660**

# RAIN BARREL CLINIC

Butler County Community/4-H Building  
200 N Griffith, El Dorado  
Clinic is free!  
Make your own rain barrel for \$50!

**SATURDAY,  
FEBRUARY  
22ND AT  
9:00 A.M.**



**K-STATE**  
Research and Extension

Butler County

- ✓ How to make a rain barrel
- ✓ How to care for a rain barrel
- ✓ Plants for a Resilient Landscape
- ✓ How to reduce water use in the garden and landscape

**RSVP FOR A RAIN BARREL BY  
FEB. 7TH  
CALL (316) 321-9660**



NEBRASKA EXTENSION



PURDUE UNIVERSITY

Extension

# LEAVING A LASTING LEGACY FOR MIDWESTERN FARM WOMEN

A Succession Planning Series  
In-Person Sites Across 3 States

5-8 p.m. CT  
2025

1.21.25

MOTIVATION FOR SUCCESSION PLANNING

1.28.25

COMMUNICATING ABOUT ESTATE & TRANSITION PLANNING

2.4.25

FINANCIAL ASPECTS OF ESTATE & TRANSFER PLANS

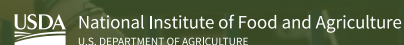
2.11.25

LEGAL: PUTTING YOUR PLAN IN PLACE

Register by January 12  
[agmanager.info/events](http://agmanager.info/events)



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## Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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