

News Column

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## NEW YEAR'S RESOLUTIONS

I knew I wasn't really into new year's resolutions, but I didn't realize how successfully I had avoided them until I tried to remember what I had actually attempted over the years. I could only think of three.

Many times – like many people – I have resolved to lose weight in the new year. That's a great one, one that I highly recommend because you can use it over and over. I'll probably lose some weight this year, then I'll gain it back so I can lose it again next year. It's the best resolution ever because I never have to think of something new.

Twice I have given up caffeine,...and I don't know why. Somebody must have convinced me it was bad for me, so I quit. Cold turkey. While I now think it was a stupid thing for me to do, I recommend it for everyone. Once.

Why should you give up caffeine when I think it was dumb for me to do it? Because you need to live through the two weeks of headaches and grouchiness you'll experience during withdrawal. It will make you more empathetic when others are having a bad day, or week, and it will make you stronger.

In recent years my only semi-successful resolution was just two years ago when I vowed to get rid of something every day. I fizzled after just over a month, but during that month I threw away papers that should have never been piled on my dresser, junk from the garage, and a lot of clothes that hadn't been worn for years.

I intended to start boxing up the good stuff to donate to the next 4-H garage sale, but I never quite made it to the good stuff. I ran out of ambition before I ran out of landfill worthy treasures in my closet and sock drawer.

My resolution for today, when I started writing this column, was to use less words and be more concise – to just get to the point and save you having to wade through my rambling, trying to figure out what I’m advertising this time.

I failed.

However, I will start now.

Commercial number one — The Farm Financial Skills for Women in Ag series starts January 15. There are four meetings, all on Wednesday evenings and starting at 5:30 p.m. Meetings are at Pottorf Hall in Manhattan. You get supper. The cost for all four sessions is \$40. You missed the deadline, but I can still get you registered. Call me.

Commercial number two — The first meeting in this year’s coffee shop series is at 10:30 a.m. on Thursday, January 16. Anita Dille, K-State Agronomist, will talk about “Using Cover Crops for Weed Suppression.” Coffee shop meetings are held at Nelson’s Landing in Leonardville. Refreshments are free and meetings conclude by noon.

Commercial number three — There are two Ag Lease meetings scheduled in neighboring counties, one on January 16 at 7:00 p.m. in Junction City and another at 7:00 a.m. on January 17 in Westmoreland.

These meetings, and many more, are listed in the Ag Event Flyer, found on our website at [www.riley.ksu.edu](http://www.riley.ksu.edu). Go to the Crops and Livestock page, then click on Events Calendar.

If you have questions, you can reach me at the Riley County Extension Office at 785/537-6350. Or, you can send e-mail to [gmcclure@ksu.edu](mailto:gmcclure@ksu.edu).

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