

August 2023

THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension



Director's Note

Denise Dias,

Wyandotte County Director

The dog days of summer are upon us. This is usually when the temperatures are the hottest and we have the most humidity. If you like to stay cool and spend your time inside, now is a great time to check out our classes, videos, and events. Our web page is always in a state of being updated. Our staff is gearing up for back-to-school events and fall programs. I know you will find them to be dog-gone good!

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DOG DAYS OF SUMMER

As the start of the new school year approaches and summer break is coming to an end, many of us are trying to squeeze in every bit of summer fun possible before going back to the regular routine of the school year. A big part of families having fun in the sun is playing with our pets. While going outside and playing with your furry friend is a lot of fun, we need to be mindful of these hot temperatures and our pet's safety.

When playing with our dog outside in these hot temperatures, we may accidentally cause them to overheat. For example, if your dog loves to play fetch be mindful of how long your dog has been running in the sun. Some dogs love fetch so much that they will never stop playing, even to their own detriment. We as the owners need to know when to stop throwing the ball and let our dog cool off, even if they want to keep playing. The same applies when taking our dogs on runs, bike rides, hikes, or even simply going down to the local farmer's market for the morning. Teach your kids to also look out for your dog and to give them breaks in playtime to cool off.

A few things to keep in mind about your dog in the summer heat:

- Dogs naturally run hotter than humans. A dog's normal resting body temperature ranges from 99 to 102.5 degrees Fahrenheit.
- Walking your dog on hot concrete can cause blisters on their paws. Dogs are barefoot, unless you put shoes on them. To check if the concrete is too hot for your dog, place your bare hand on the concrete for 10 seconds. If it is too hot to comfortably keep your hand there, it is too hot for your dog to walk on.
- Dogs wear fur coats at all times. Imagine being in the 95+ heat wearing a long sleeve sweater.
- Dogs cannot sweat: their way of cooling themselves is through panting, laying in the shade or cool areas (such as water puddles) and dispersing heat through their paw pads.
- Never leave your dog in the car while you run errands. Take your dog home first or leave the car running with the A/C on.



Casey Ling,
4-H Youth Development Agent
csling@ksu.edu



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Family and Consumer Sciences

BACK-TO-SCHOOL

The beginning of school means changes from the days of summer to regular daily routines. Though these August to September changes are predictable, the transition can be rough for adults and children, especially young children. Here are some tips to help boost your children's attitude, confidence and school performance.

- Re-establish school time biorhythms. Get back into regular bedtime and mealtime (especially breakfast) routines.
- Introduce yourself. Send an email introducing yourself to your child's teacher if you have not had the opportunity to meet them yet.
- "Where is my backpack?" Select a spot by the door to keep backpacks, lunch boxes and school supplies. Enlist your child's help in setting up a "homework zone".
- Minimize clothes shopping woes. Buy only the essentials. Summer clothes are usually fine during the early fall, and be sure to have at least one pair of sturdy shoes. Confirm dress code guidelines.
- Good physical and mental health. Discuss any concerns about your child's emotional or psychological development with their pediatrician.
- Clear your own schedule for the first few weeks of school. When possible, postpone business trips, volunteer meetings and extra projects.
- Parent papers need a place, too! Pick a place to deal with forms sent by the school and read it as soon as it arrives.
- Turn off the television and cell phones. Encourage your child to play quiet games, do puzzles, flash cards, color or read as early morning activities instead of watching television.
- Most important tip of all: take time to listen. Invite your child to talk about their day and then practice active listening to their thoughts and feelings to show interest and curiosity, rather than judgment, about their school experiences.

Preparing Kids for School, Parent Further. <https://keepconnected.searchinstitute.org/>

BACK TO SCHOOL

Chiquita Miller,
Family and Consumer Sciences Agent
chmiller@ksu.edu

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Nutrition and Food Safety

ATTENTION MEN!

“Men and women generally view their health differently.” This is a quote in the 2023 Extension publication addressing arthritis and men. While some may disagree, there is a lot of truth behind the statement. Men tend to be less likely to focus on symptoms and causes or how their overall health is affected. Men may also be less likely to establish routine health visits and assess symptoms before they become more serious. However, when you learn to advocate for yourself by becoming knowledgeable about illnesses, take steps to prevent certain diseases and understand the importance of early detection testing, you put yourself in a position of better health.

If you want to learn more see the following publications for details:

Men’s Health Guide- Arthritis: Four Common Conditions,

<https://bookstore.ksre.ksu.edu/pubs/MF3604.pdf>

This publication provides a description of the four major types of arthritis (Osteoarthritis, Gout, Fibromyalgia, Rheumatoid), risk factors, diagnosis and includes a healthy dietary pattern for arthritis.

Men’s Health Guide- Cancer- Early Detection and Prevention,

<https://bookstore.ksre.ksu.edu/pubs/MF3598.pdf>

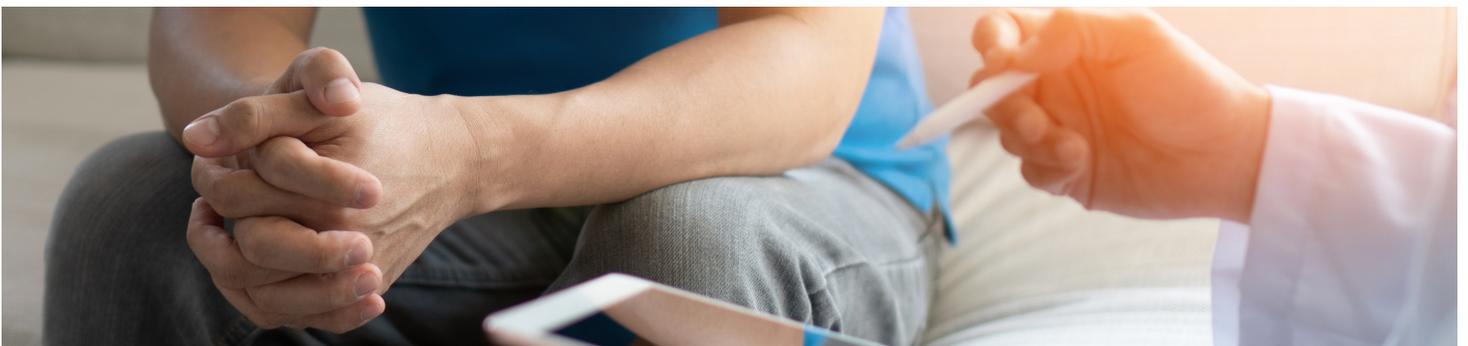
This guide gives practical advice to help defend against three types of cancer (prostate, colorectal, and testicular) with a description of each along with risk factors, symptoms associated with each type of cancer, ways to reduce risks, and early detection.

You’ll also find information on healthy eating tips.

Quick Facts for Men, Keep Yourself Tuned Up with Good Nutrition,

<https://www.ndsu.edu/agriculture/sites/default/files/2022-02/fn1428.pdf>

While not from K-State Extension, this informative fact sheet from North Dakota State University covers basic information on knowing your numbers (blood pressure and cholesterol), fruit and vegetable servings per age, heart disease, high blood pressure, high blood cholesterol, and colorectal cancer.



Lori Wuellner,
FCS Agent
lwuellne@ksu.edu

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MORE HERBS, LESS SALT

Herbs and spices add fabulous flavor and color to food without adding salt, fat or sugar. Cooking with herbs and spices is also a great way to introduce a variety of flavors to children while helping foods look more appetizing.

The terms “herbs” and “spices” are often used interchangeably and are sometimes referred to as “seasonings,” however they are different. Herbs are the leaves of low growing shrubs and include parsley, chives, thyme, basil, oregano, rosemary, and more. Herbs can be purchased dried, fresh or as a paste. When substituting in recipes, use the ratio of three fresh to one dried. For example, potato salad would use three tablespoons of fresh parsley or one tablespoon of dried parsley. Spices come from the bark, roots, buds, seeds, berry, or fruit of plants and trees. Spices include cinnamon, ginger, onion, garlic, cloves, black pepper, paprika, and more.

Additional Ways to Add Flavor:

- Seasoning blends include a mixture of spices and herbs such as seasoning salt, Italian seasoning, taco seasoning, and poultry seasoning. Check labels to see if “salt” is listed among the ingredients and opt for salt-free or lower sodium versions.
- Rubs are a mixture of spices and can be wet or dry. Wet rubs usually have a bit of oil or other moist ingredients such as mustard or yogurt added. Dry rubs are mixtures of several dry spices and herbs that are worked into the surfaces of meat, poultry, or fish. They are both added to enhance flavor.
- Marinades are used to add flavor and tenderize meats and poultry. They generally contain herbs and spices, oil, and an acid such as yogurt, citrus juice, or vinegar.

Experiment with Herbs and Spices:

- Add fresh mint and lemon to a glass of ice water.
- Omit the salt when cooking pasta and flavor with basil, oregano, parsley, and pepper or use an Italian seasoning blend.
- For more flavor, add spices to uncooked dishes, such as salads, several hours before serving.
- Introduce children to herbs and spices with some easy flavor combinations such as apples with cinnamon, bananas with nutmeg and chicken with rosemary.
- Start a small herb garden or grow a [few herbs in containers](#). Children will love watching them grow!

Approximate equivalent amounts of different forms of herbs are:

- 1 tablespoon finely cut fresh herbs
- 1 teaspoon crumbled dried herbs
- ¼ to ½ teaspoon ground dried herbs



Horticulture

TOMATO WOES

Many gardeners are thrilled to pick their first red tomato and are often disappointed to find a brown leathery patch on the bottom of the tomato fruit. This condition is not a disease but a physiological condition that develops from a calcium deficiency in the tomato fruit. It is not that calcium is not available in our soils. Kansas soils are developed from native limestone where calcium is abundant. However, calcium may bypass the tomato fruit as it moves in the stream of water from the roots to the leaves.

Calcium deficiency may be caused by inconsistent watering as fruits grow. It is more prone to develop in earlier tomatoes and is worse in plants that have a lot of foliage or plants that have been fertilized excessively. Several fertilizer elements, including the ammonium form of nitrogen, compete with calcium for uptake, and calcium often gets left behind. As the season develops and plants acclimate to the warmer, drier conditions of mid-summer, blossom end rot usually goes away. Fruits are not harmful to eat but usually don't have much flavor because they tend to ripen prematurely.

Be on the lookout for large, long pale green caterpillars with white and black markings on your tomato plants. The caterpillar has a spine-like red or black horn that gives this insect its name, "tomato hornworm". The adult is the Sphinx moth; a grayish-colored insect with a wing spread of 4 to 5 inches.

Tomato hornworms primarily attack tomato, but can also be found on eggplant, pepper, and potato.

The caterpillar is the damaging stage and feeds on the leaves and stems of the plant. The tomato hornworm is parasitized by a number of insects. One of the most common is a small braconid wasp. Larva that hatch from wasp eggs laid on the hornworm feed on the inside of the hornworm until the wasp is ready to pupate. The cocoons appear as white projections protruding from the hornworms body. If such projections are seen, leave the hornworms in the garden. The wasps will kill the hornworms when they emerge from the cocoons and will seek out other hornworms to parasitise.

Handpicking is an effective control in small gardens. Bt (*Bacillus thuringiensis*) and other insecticides may also be used to control hornworms.



Community Development

BUILDING LEADERS FOR OUR COMMUNITY BOARDS

Stepping into a leadership role at your church or community group can be a daunting thought. Many of our current community leaders are getting to that age where they are ready to step back and let someone younger take over. But sadly, no one comes forward to take over their role.

Maybe you are already on a board or are considering throwing your name in to serve on a board? If you are unsure if you have the skills to step up to a leadership role, then this program is for you. Welcome A-Board is an educational program for local community-based elected or appointed boards to help members and their organizations become more effective in their efforts. The four sessions cover the following topics:

- Session 1: Roles and Responsibilities of Board Members/Effective Meetings
 - Organized Groups - How Do They Function and What Is Your Role When Asked to Serve?
 - Duties and Responsibilities of Non-Profit Board Members
 - Organizing and Leading Productive Meetings
 - Agendas to the Rescue!
 - Basic Parliamentary Procedure
- Session 2: Understanding Fellow Board Members/Conflict Management
 - Generations - Adapting Volunteers of Different Ages
 - Behavioral Styles
 - Managing Conflict in Groups
- Session 3: Financial Responsibilities, Fundraising, Legalities, and Ethics
 - Financial Responsibilities of Boards
 - Fundraising and Managing Grant Revenue
 - Legal and Ethical Issues for Boards
- Session 4: Strategic Planning
 - The Importance of Strategic Planning
 - Designing a Strategic Planning Strategy - Parts 1 & 2

The next online series begins August 24th, 31, September 7, & 14, 2023. From 1:30 to 3:00 pm. The program fee is \$20 and registration is due August 21. Please register at:

<https://conta.cc/41AlypB>

For questions contact Denise Dias, ddias@ksu.edu or 913-299-9300.

Denise Dias,
Director
ddias@ksu.edu

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Upcoming Events



August:

Aug 3- Harmful Snakes, Spiders, and Poisonous Plants

Aug 23- ServSafe

Aug 24- Sept 14- Welcome Aboard: Board Leadership Series

Aug 31: Safe and Healthy Food Pantry

Sept 11 - Dining with Diabetes

Sept 12: EMG Fall Training- Apply Here

Connect with us!



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. 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 Jo McLeland two weeks prior to the start of the event (insert deadline date) at (913-299-9300 or jo1@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.

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