



July 2024

THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension

Director's Note

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Wyandotte County Director

“Let Freedom Ring!” This phrase was Dr. Martin Luther King’s call for change, and what a change he inspired! As you celebrate this July, don’t forget to celebrate the amazing work of our 4-H Youth at the Wyandotte County Fair and the daily work of our staff to inspire residents to learn to live the best life possible.

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THE 4-H PROGRAM IS BUSY THIS SUMMER!

The Piper and Wolcott 4-H Clubs' June meeting was full of 4-Hers having fun and sharing their project experiences with each other. 4-H members practiced their public speaking by talking and demonstrating their projects with others in the club. The 4-H members then got to go fishing together.

4-H Photography enthusiasts participated in the 4-H Photography workshop taught by 4-H club leader and photography judge Laura S. The workshop was held at the Schlagle Library. 4-Hers learned about the science and technicalities behind good photography. 4-Hers then went on a photography scavenger hunt around the library and Wyandotte Lake to practice their photography skills.

The Extension Office hosted a sewing workshop for youth in the community. The workshop was taught by the WyCo Extension director, Denise D. The youth participants learned about the parts of a sewing machine and practiced stitching straight and curved lines. The youth then got to make a pizza pillow and a teddy bear to take home.

These activities are just a glimpse into the learning experiences that take place in the 4-H program. 4-Hers "learn by doing". By going out and interacting with each other and gaining new experiences, these 4-H youth are enriching not only their lives, but the lives of those around them.



BACK TO SCHOOL, ARE YOU READY?

Preparing for the new school year can be exciting and overwhelming for parents and kids alike. It's a time filled with anticipation, new beginnings, and the promise of growth. With the school bells ringing again soon, it's time to gear up for another exciting academic year. We know how important it is to set our kids up for success, and that's why we've put together this handy back-to-school tips for parents.

As parents, you are their biggest cheerleaders, guiding them through challenges, and celebrating their successes. Remember to cherish the moments, build connections with their teachers, and foster a sense of community within the school. So, take a deep breath, trust in your child's potential, and embark on this back-to-school journey with enthusiasm and determination. Together, let's create a year filled with growth, accomplishments, and joyful memories that will shape their future. Your child's success starts here, and the possibilities are endless!

Here's to a fantastic school year filled with growth, achievement, and joyful learning!

1. Stay Organized with a School Calendar
2. Establish a Consistent Bedtime Routine
3. Plan Nutritious and Delicious School Lunches
4. Beat the Rush with Early Back-to-School Shopping
5. Explore and Familiarize by Taking a School Tour
6. Find the Perfect Backpack for Your Child
7. Discussing School Safety Measures
8. Openly Talking About Homework
9. Setting Academic Goals for Success
10. Building Connections by Meeting the New Teacher

<https://blogs.ifas.ufl.edu/indianriverco/2023/06/30/summer-fun-ideas/>



Nutrition and Food Safety

HYDRATING FOR HEALTH

As summer approaches and the warmer weather kicks in staying hydrated is critical. Drinking water is a good way to keep your body nourished and help prevent heat exhaustion. Be sure to hydrate well before and during any physical activity. Water helps to regulate a normal body temperature, lubricate and cushion joints, protect the spinal cord and other sensitive tissues, and rid your body of waste. In most cases, water should be your go-to beverage.

Depending on the situation, you may need a sports drink or food to replace lost electrolytes (sodium, potassium, and magnesium). Foods that help you stay hydrated include watermelon, cucumbers, cantaloupe, grapefruit, berries, and iceberg lettuce, to name a few. You can also gauge if you are hydrated by monitoring urine volume output and color. A large amount of light colored, diluted urine is a sign you are hydrated, while dark colored, concentrated urine means you are dehydrated.

If plain water is not appealing to you, try enhancing the flavor with different fruits, cucumbers and herbs.

Check out these links for more information on the importance of hydration:

<https://www.nutrition.gov/topics/basic-nutrition/water-hydration-and-health> (Water, Hydration, and Health)

<https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/index.html> (About Water & Healthier Drinks)

<https://www.ncoa.org/article/10-reasons-why-hydration-is-important> (Hydration for Older Adults, 10 Reasons Why Hydration is Important)

(Source: 2023 Walk Kansas Newsletter, Week #9)



HOW TO MAKE AND MEAL PREP BREAKFAST BURRITOS

Finding time to make breakfast in the morning is tough, especially when trying to make a quick yet filling meal. Enter breakfast burritos! This favorite drive thru order can be swapped for a time- and money-saving recipe that is easy to make in bulk and freeze for later meals. Homemade breakfast burritos check the boxes for being customizable, balanced, portable, and most importantly, tasty! Things to consider when preparing ingredients

While breakfast burritos can take on a variety of forms and include varying components, there are general ingredient tips to follow for meal-prep success.

How to make the best eggs for breakfast burrito meal prep:

- It's common for breakfast burritos to be a bit soggy after reheating them, so we suggest that you make sure the eggs (and any other hot fillings) cool down before placing them in the tortilla. Cooling the hot fillings releases moisture prior to rolling them in a tortilla—an important step for preventing sogginess.
- Be sure to cool your eggs, wrap your burritos, and pop them in the freezer within two hours to keep everything food safe.
- Avoid overcooking eggs in the pan before adding to your burrito. Rubbery eggs in the pan will only become rubberier once reheated later. Try this instead – start by whisking eggs in a bowl, then add a fat/oil or cooking spray of choice into a COLD pan followed by the whisked eggs. Turn your pan to medium-low and stir periodically as they begin to firm up. This gentle heat method helps prevent overcooking the eggs.

Freezing:

- These burritos will stay good for up to three months in the freezer!
- Ensure that foil is wrapped tightly around the burrito to prevent air from contacting the burrito and causing freezer burn.

Reheating:

- Microwave: Remove burrito from foil and place on a microwave-safe plate. Cover with a paper towel and heat on high for 1-2 minutes or until the filling is fully thawed and heated through.
- Oven: Preheat oven to 350°. Place foil wrapped burritos on a baking sheet and bake in oven for 10-15 minutes or until the filling is fully thawed and heated through.
- Tip: Overcooking can result in increasingly soggy burritos as the ingredients will continue to release more and more moisture with prolonged heat.
- Tip: If you have a food thermometer, you can take the temperature of your reheated burritos to know they are cooked completely when reheated to a temperature of 165°
- If you like a crispy tortilla, you can heat up a pan or griddle to medium heat, use oil or cooking spray to coat the pan and place your burrito on the hot pan until desired crispiness is achieved, but it will take more time.

SOFT-BODIED INSECTS INVADING LANDSCAPES

Large populations of aphids are being reported on roses, trees and shrubs. Aphids are small insects, about an eighth of an inch long. They are soft-bodied, pear-shaped and of many colors, such as green, black, gray, yellow or red. Some are winged during certain times of the year. Generally, aphids can be recognized by their cornicles, a pair of tube-like structures projecting from the rear of their bodies.

Aphids feed by sucking sap from buds, leaves, twigs and developing fruit. Leaves may be stunted and distorted and fruit may become misshapen. Aphids also can carry a number of plant viruses.

Many aphid species excrete a sticky substance known as honeydew that usually becomes black with sooty mold. Automobiles parked under trees with large aphid populations will often be spotted with honeydew.

Aphids usually are controlled effectively by nature. Adverse weather conditions such as beating rains, as well as fungus diseases, insect predators and parasites, keep the aphids in check. Aphid enemies include lady beetles, syrphid fly larvae, aphid lions and small wasp parasites known as braconids.

Insecticide applications destroy beneficial insects as well as pests and leave trees or shrubs unprotected if pest resurgence occurs. Since beneficial insects play an important role in natural aphid control, try washing aphids away with a forceful stream of water before using insecticide sprays.



Community Development

PART II – DESIGNING A PLANNING STRATEGY?

After your group has worked through answering the SWOT questions, the next part of the process is to start the action planning process. This process asks “who will do what to move us towards our goals

How will we get there? Your organizational plan may include development of and key strategies you will use. The detail of your planning process will depend on the complexity of the organization being planned for. A good rule of thumb is to be careful when deciding processes.

It is important to connect goals with the behavior needed to reach them. One way to do that is through establishing SMART goals. Establish statements of what you will do to bring about your desired change. SMART is an acronym to help remember the elements of an effective goal.

Specific: What is it, exactly, the group wants to do? (Example – “Lose weight” vs. “Through moderating eating and exercise, I will lose 4 pounds within the next 4 weeks”)

Measurable: How, exactly, will you know when you have accomplished the goal? (I will be 4 pounds lighter on [date] 4 weeks from now”)

Achievable: Is it possible to do this? (I will shift my lunch diet to one serving of fruit and granola bars, and exercise 4 times a week.) Sometimes the word “attainable” is used.

Resolve: Can the goal be accomplished in clear steps? (I will lose 1 pound a week for 4 weeks by walking 4 miles a day.) Sometimes this acronym uses the word “realistic” — meaning that the group needs to have members willing and able to work on the goal.

Time: Monitor the progress and have a specific end date.

- Not all goals will fit all of these criteria all the time. The benefit of this acronym is to remind goal-setters to be as clear and specific as possible when establishing goals for change.
- At the end of the planning process, significant amounts of work remain, and it is important that work is allocated to specific groups or individuals.
- Follow-up is also very important.
- The committee should plan strategies for accountability and follow-up: Will the planning results be broadly publicized? How will people be accountable for acting? How will progress be measured? How will individuals be recognized for their work?

A steering committee can ensure the plans don’t stall. Set clear follow-up times and connect with volunteers to move forward. Don’t forget to develop plans to share and celebrate your groups progress. Volunteers appreciate being recognized for their hard work and the successful completion of their project.

Upcoming Events



July 11: Summer problems in the Garden & Landscape

July 15-20: Wyandotte County Fair

July 29: PDC Summer Session

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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