



July 2025

THE EXTENSION CONNECTION

Wyandotte County K-State Extension

Director's Note

Denise Dias

Wyandotte County Director

What's new? We are shortening our name to K-State Extension. We are accepting applications for our horticulture position, and we are counting down the days until the Wyandotte County Fair. 4-H Entries are expected to be at an all-time high! Make plans to attend the fair and check out all of the amazing projects of our 4-H youth.

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ELEVATING OUR ENGAGEMENT

Extending K-State University into communities has been a priority since our beginning and continues to play a key role as we become a fully engaged university. Your active participation and support have been instrumental in this journey of elevation.

Delivering on our land-grant promise means providing more access to K-State through extension services and resources. We're addressing significant issues and opportunities facing Kansans and communities worldwide by elevating engagement and K-State Extension. We foster community health and well-being. We enhance global food security. We lead the way in sustainability. We're a positive force for the Kansas economy.

These are areas where K-State Extension has always supported Kansans. And they are areas where we're building on our mission of teaching, research, and engagement in becoming the next-generation land-grant university.

On July 1, 2025, we will elevate K-State Extension. This change, which involves moving K-State Extension and budgetary authority from the College of Agriculture to the Office of the Executive Vice President for External Engagement and Chief of Staff, is the first step in becoming a fully engaged land-grant university. It is a collaborative effort that will bring K-State Extension and all K-State colleges together to address critical issues and opportunities across Kansas, strengthening our existing relationships and partnerships.

We spent several years listening to Kansans through statewide community visits, focus groups, and needs assessments. We learned about the needs of communities and how K-State could help. By elevating engagement and K-State Extension, we can offer more resources and programming through K-State Extension's 105 county offices and build on long-standing programming in agriculture, natural resources, and community-oriented services.

K-State Extension will be used for programming and professionals with 100% extension appointments, such as local unit agents. As the nation's first operational land-grant university, K-State's founding is rooted in agriculture and applied arts. These areas will remain a focus of K-State's teaching, research, and engagement because they support Kansas's most significant industry. This change will open doors to new resources and initiatives for our community.

We are thrilled about this change and the positive impact it will have on our community. We hope you share our excitement and look forward to the difference you will see in the coming months.

4-H FAIR SEASON IS HERE!

The Wyandotte County Fair just around the corner! Come join us at this highlight event for our youth 4-H members & Wyandotte county residents. The county fair is a wonderful opportunity to have fun, connect, and celebrate the heart of Wyandotte County. Check out the 4-H Fair Show Schedule and come support our youth as they showcase the projects they have been working on all year. See you at the fair!



4-H Fair Showcase Schedule, July 12-26, 2025

Wyandotte County Fairgrounds
13700 Polfer Road, Kansas City, KS



All 4-H Events will take place on the Wyandotte County Fairgrounds unless otherwise noted.
4-H Fair Showcase Schedule is subject to change.

- Saturday, July 12**
9:00 am Dog Show @ Wild Vine Aussies, 9420 Nelson Lane, Kansas City, KS 66109
- Saturday, July 19**
11:00am Clothing Divisions Judging @ WyCo Extension Office Room 1200
- Sunday, July 20**
9:00 am Rabbit Judging, Poultry Judging to immediately follow
12:00 - 4:00 pm Static Exhibits accepted @ Red Barn (Excluding Foods & Plant Exhibits.)
- Monday, July 21**
7:00 - 8:30 am All Red Barn entries excepted- Static, Foods, and Plant Exhibits
9:00 am Food Divisions Judging
10:00 am - 2:00 pm 4-H Red Barn Exhibit Judging including Plant divisions
- Tuesday, July 22**
8:00 am Animals in place (large and small livestock, horses)
8:30 am Livestock Weigh-In
5:30 pm Sheep Show, Goat Show to immediately follow
- Wednesday, July 23**
9:00 am Beef Show
6:00 pm Horse Show- Racing Events
7:00 pm Swine Show
- Thursday, July 24**
8:00 am Auction Intent to Sell & Residue Avoidance forms due
9:00 am Horse Show- Showmanship & English Events
6:00pm Great Plains Adaptive Livestock Exhibition
7:00 pm Round Robin Competition
- Friday, July 25**
9:00 am Horse Show- Western, Ranch, and Trail
5:30 pm Livestock Buyers' Reception
7:00 pm Livestock Auction
- Saturday, July 26**
9:00 am Ag Olympics hosted by the 4-H Horse Project
9:00-9:30 pm 4-H Exhibits available to pick up from Red Barn
9:30pm Red Barn closes
- Sunday, July 27**
11:00am - 3:30 pm Red Barn open to pick up 4-H Exhibits



FOUR TIPS FOR SUMMER SAFETY

Many families are heading outdoors for recreation and activities, now that school is out. Whether in the water, parks, ballfield or backyard, precautionary measures should be taken so kids and all family members are safe from sun, insects and injuries. The Centers for Disease Control and Prevention (CDC) has a portion of their website dedicated to family health. A summary of their tips for family summer safety are included below.

Tip 1: Master water safety. Swimming in the pool and playing in the sprinklers are favorite summer activities. However, drowning is the leading cause of death among children ages 1 to 4. Water safety tips from CDC include:

- A responsible adult should watch young children at all times.
- Teaching kids to swim. Formal swimming lessons can protect young children from drowning.
- Sign-up and learn CPR. Knowing this skill can be critical in a time of need.
- Install a protective four-sided fence around home pools.

Tip 2: Beat the heat and sun. Overheating and sunstroke can occur in healthy children, youth and adults if they participate in strenuous activities during hot weather. If someone shows signs of heat exhaustion or heat stroke, move him or her to a cool location and seek medical help. A list of specific signs is included on the CDC website. To avoid over-heating:

Never leave infants, children or pets in a parked car, even if the windows are cracked open. Schedule outdoor activities in the morning and evening hours. Use sunscreen, and clothing that protect you every time you and your child go outside.

Tip 3: Keep ticks and mosquitos from causing harm. Protect yourself and your family from bites and diseases. Zika, West Nile Virus and Lyme disease can all be transmitted by insects. To help with protection:

Check yourself and your children for ticks after being outdoors, especially if you have been camping or hiking. Instructions for effectively removing ticks are available on the CDC website.

Tip 4: Prevent injuries. Nearly everyone is more active and spends more time outdoors this time of year. Falls at home and on the playground are common sources of injuries and visits to the emergency room. To avoid injury:

Make sure playgrounds are well maintained and have soft landing spots underneath. When participating in summer sports, be sure appropriate protective gear is used. Enjoy your time in the sun, but remember to make safety a top priority so that summer is incident and accident free.



Nutrition and Food Safety

STAY SUN SMART: UV SAFETY TIPS FOR JULY

Summer is in full swing here in Kansas and some of our favorite summertime activities like swimming, hiking, and just spending time outdoors in general, are at their peak popularity during this time of year. While we all enjoy outdoor activities during the summer months, it is important to stay sun smart and protect you and your family's skin and eyes from the sun's ultraviolet (UV) rays.

Most types of skin cancer are caused by excess UV exposure so, with July being National UV Safety Month, it's the perfect time to brush up on how to enjoy these sunny Kansas days without putting your health at risk. So, let's talk about some practical strategies you and your family can take to stay sun smart all summer long.

1. Use Broad-Spectrum Sunscreen

- Choose a sunscreen with an SPF of 30 or higher that offers broad-spectrum protection (protection against both UVA and UVB rays)
- Sunscreen does wear off so make sure you reapply if you are out in the sun for more than 2 hours. Also reapply after sweating, swimming, or using a towel to dry off.
- Don't forget to apply sunscreen to often missed spots such as your ears, tops of your feet, back of your neck, and your scalp.

2. Wear Protective Clothing

- Opt for wide-brimmed hats, long-sleeved shirts, and long pants that are lightweight and dark colored. Choosing to wear clothing with a UPF (Ultraviolet Protection Factor) number on the label provides an extra layer of protection.
- Use UV-blocking sunglasses that protect against 100% of UVA and UVB rays to protect your eyes from harmful UV rays.

3. Seek Shade, Especially During Peak Hours

- Limit sun exposure between 10 AM and 4 PM. This is when UV rays are the strongest.
- Use umbrellas, tents, or shade trees when spending extended time outdoors during these hours.

4. Check the UV Index

- The UV index is a daily forecast of UV radiation levels. Checking the UV index can help plan safer outdoor activities during the summer months.
- Take extra precautions when the UV index is 6 or higher.

5. Stay Hydrated

- While staying hydrated is not directly related to UV-safety, dehydration and heat exhaustion are commonly associated with prolonged sun exposure.
- Make sure you are drinking water regularly and take breaks in a shaded area or indoors to reduce the risk of dehydration or heat exhaustion.

By incorporating these tips into your daily routine or during summertime outdoor activities, you can spend time outside without increasing your risk of skin cancer. Stay sun smart this summer! For more information on UV Safety Month, skin cancer awareness, and other general sun safety tips, visit the following links!

[MF3663 Protect Your Skin from the Sun, Fact Sheet](#)

[Sun Safety Facts | Skin Cancer | CDC](#)

[Practice Safe Sun](#)



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JULY IS NATIONAL PICNIC MONTH

The sunny days of summer bring hot temperatures and outdoor gatherings. This is also a time of increased risk of food poisoning. So, before you pack the picnic basket and cooler, remember these simple tips to ensure that unwanted bacteria won't have a place at your table.

Before You Head Out

- Bring moist towelettes or soap and water to clean your hands and surfaces often.
- Bring extra plates: one for handling raw foods and another for cooked foods to prevent cross-contamination.
- Pack food in a well-insulated cooler with plenty of ice or ice packs to keep the temperature below 40°F.
- Keep raw meats, poultry, seafood, eggs, and ready-to-eat foods separate.
- Defrost meat, poultry, and seafood in the refrigerator before packing them in a cooler and taking them to the grill.
- Don't leave food outside in hot weather (90°F or above) for more than one hour.
- Transport the cooler in the back seat of your air-conditioned car instead of in your hot trunk.

While There

- Cook your favorite foods to the right temperature by measuring the internal temperature using a food thermometer; cook hamburgers to at least 160°F and chicken breasts to 165°F.
- Remove from the cooler only the amount of raw meat that will fit on the grill.
- Never partially grill meat or poultry to finish cooking later.
- Melted ice is a sign that your food is no longer safe, and you need to toss all leftovers.
- Don't leave food outside in hot weather (90°F or above) for more than one hour.

After the Fun is Done

At the end of the picnic or as soon as you return home, clean your cooler with water and a mild detergent and rinse thoroughly. Then be sure to wipe it completely dry before storing it. If lingering odors are an issue, a quick wipe with a vanilla extract-soaked paper towel can freshen the cooler. Finally, if your cooler has a drain plug, make sure it's open to prevent moisture from accumulating during storage.



BECOME AN EXTENSION MASTER GARDENER!

The Wyandotte County Extension Master Gardeners volunteer by participating in educational programs for the community such as; demonstration gardens, gardening workshops, horticulture hotline, speaking engagements, youth programs, and more

Training every Thursday, starting September 4 through December 4
Cost of the class is \$125

Application Deadline:
August 1, 2025

APPLY HERE:
<http://bit.ly/43d431G>

For more information:
913-299-9300
wyandotte.ksu.edu



Upcoming Events



July 4: Office Closed

July 9: Remote Work Wednesday

July 19- July 26: Wyandotte County Fair

July 28: PDC Summer Session

Connect with us!



K-State 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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