



June 2023

THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension



Director's Note

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Wyandotte County Director

Summer is here! The days are longer, the nights are warmer and people generally seem to be happier. June is the perfect time to take a vacation, eat some ice cream or get some vitamin D, from the sun! It is also a great time to check out our upcoming Extension classes and events, or maybe watch one of our online videos. We are feeling those good summer vibes, how about you?

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SUMMER FINGER PAINTING

School is out and summer break is in full swing! Get out and enjoy time in the sun with some fun at home arts and crafts. One of my favorite summer activities is finger painting. Or in today's activity, hand painting! With parent supervision, this is a great way for kids to get messy and creative outside.

What you will need:

- Non-toxic finger paints- any mix of colors you like
- Paint brushes
- Any color paper- construction or cardstock work best, but any paper you have on hand will work
- Paper plate or bowl (to put the finger paint in)
- Paper towels or wash cloths for clean-up (or a water hose!)

This activity can be done indoors but is best enjoyed outside in "play" clothes or a swimsuit. On a paper plate put a few globs of colored finger paint. Using the paint brush and various colors, paint the palm and fingers of your kid's hand. Kids can also paint their own hands or try to paint yours or each other's hands. This is meant to be a messy and fun craft! Before the paint has dried press your palm against the colored paper leaving a colorful handprint. Using a paintbrush, fingers, or even try it with your toes, decorate your handprint to look like your favorite animal. The sky is the limit! Handprints can be turned into peacocks, horses, cows, turkeys, or any animal you like with enough creativity. Set your kids beautiful hand-animal creations out in the sun to dry. Clean-up is as easy as washing your hands or playing in the water hose for a little while.

Enjoy this family activity with some lemonade and fresh fruit for a wholesome summer afternoon.



TEENS SEEKING SUMMER JOBS

Teens seeking Summer jobs, will have the opportunity to earn money and develop good work habits. Experiences and skills gained now, will receive great payoffs when applying for educational or employment opportunities in the future. A review of online articles addressing employment for teens reveals four common tips for landing a job.

1. Start early. This is the most often-mentioned tip. Most employers know how much additional help they will need over the summer months by the end of April.
2. Stop by the business. While many businesses post positions online, others prefer to post a job announcement on the door. It is worth the effort to stop by in person. Go to the business prepared to share ideas on how you could be an asset to the company.
3. Though Sunday best is not required to interview for most part-time jobs, a clean, neat appearance with modest clothing is a must. Speaking with respect, good manners and good language skills to a potential employer shows that you are mature and can communicate well.
4. Is there a service you can offer? Ideas include teaching lessons, setting up smart phones for senior citizens, running errands for home-bound or busy adults, doing house or yard work, providing child or elder care, event and party planning, walking and/or caring for pets, washing and detailing cars, washing windows or painting. Creativity can pay off. Even if some jobs pay little or nothing, having a job to add to a resume may give you the edge for future openings.

Additional places for teen job seekers to check include:

- * Parks, recreation areas, campgrounds, day and summer camps, swimming pools and golf courses
- * Concession areas for sporting events
- * Hotels, resorts, museums and other tourist-related destinations
- * Fast food and casual dining restaurants including ice cream parlors and juice retailers
- * Moving and packing companies

For more information, https://extension.usu.edu/news_sections/home_family_and_food/summer-job



TAKING CARE OF YOUR SKIN

Did you know that skin is the largest organ of the body? It is our first layer of defense and is comprised of several layers. Skin helps our bodies retain moisture, acts as a barrier against injury and helps us detect temperature, among its many functions.

Just like the rest of our body, maintaining healthy skin requires proper nutrition. We need adequate protein from plant and animal sources. A variety of vitamins and minerals helps keep our skin healthy.

*Vitamin A helps keep our skin and mucous membranes healthy. Vitamin A is formed from carotenoid pigments in dark orange, gold or green vegetables, such as carrots, winter squash and spinach.

Vitamin A is found in milk, eggs and liver.

* Vitamin C is needed for our body to make collagen, which is part of our connective tissue. It helps scratches and other wounds heal. Citrus fruits, tomatoes, red peppers, cantaloupe and strawberries are among the many good sources of vitamin C.

* Vitamin D helps maintain the cells of the outer layers of the epidermis. It is found in salmon, tuna, fortified foods such as milk and orange juice. Vitamin D also helps keep our bones strong, among its many functions.

* Vitamin E is an antioxidant that helps protect our body from environmental stress. Nuts, seeds, fortified foods and vegetable oils such as sunflower oil are good sources.

* Selenium and zinc are minerals that help maintain our skin cells. Nuts, meats, seafood and cereals are among the food sources.

To further keep your skin healthy and reduce your risk of skin cancer, consider putting into practices the following steps:

- Seek shade. Limit sun exposure during midday hours of 10 a.m. to 4 p.m.
- Wear clothing that protects your arms and legs.
- Wear a hat with a broad brim.
- Wear sunglasses with UVA (ultraviolet A) and UVB (ultraviolet B) ray protection.
- Wear sunscreen with an SPF (sun protection factor) of 30 or higher.
- Avoid indoor tanning. Tanning beds are classified as a carcinogen according to the Food and Drug Administration.

(Source: Nourish Newsletter, Issue 64, NDSU Extension)

For more information on skin cancer and sun safety refer to the following link:

<https://www.cdc.gov/cancer/skin/index.htm>



HOW TO PREVENT FOOD WASTE

You can prevent food waste in your home by making small changes to the way you buy, store, and eat your food. In this section, we will discuss ways to take inventory of your kitchen, meal plan for the upcoming week, and create grocery lists before going shopping. Taking the time to do these simple tasks will help save you money, time, and reduce the amount of food being wasted in your home. Many people struggle to find time to meal plan during the week because they feel it consumes their time and energy. But setting aside a time to meal plan weekly or monthly can help eliminate stress and save you time in the long run by decreasing the number of trips you take to the grocery store, and the amount of time you spend deciding what to make each night. Schedule some time minutes each week just for menu planning and follow these three steps for success:

1. Take Inventory: What food do you have on hand?

Taking inventory is a very important part of meal planning. Doing this first allows you to see what you already have in your home and then plan meals accordingly. Look in your freezer, cabinets, pantry, and/or refrigerator and make a note of what you already have on hand and potential meals you could make with those ingredients. Using these items in your upcoming week's meals will save you money and decrease food waste. Taking an inventory before making your grocery list also helps you avoid buying things you don't need.

2. Choose your meals

There are many ways to go about planning your meals for the week. Using an inventory and a list of go-to recipes to think of main dishes for each day is helpful. Once you have your main dishes selected, you can then go back and plan side dishes to make a well-balanced meal for each day. It can be helpful to use the USDA's MyPlate Guidelines, but remember the guidelines are for the whole day, not each meal. You may want to consider your family's schedule, meals that your family enjoys, and what is on sale that week at the grocery store (check their flyer or app). Finally, don't forget about leftovers — plan to use them later in the week or freeze for another meal.

3. Create a Grocery List

Once you have taken inventory and outlined the meals you want to eat for the week, it is time to make a grocery list. Make a list of the ingredients that you don't already have for the meals in your weekly plan. Remember to include foods like fruits, vegetables, and milk that might not be a part of a recipe but are basics for healthy eating. Organize your list into different grocery store sections or food groups to make shopping quick and easy.



CHECK TREES & SHRUBS FOR BAGWORMS

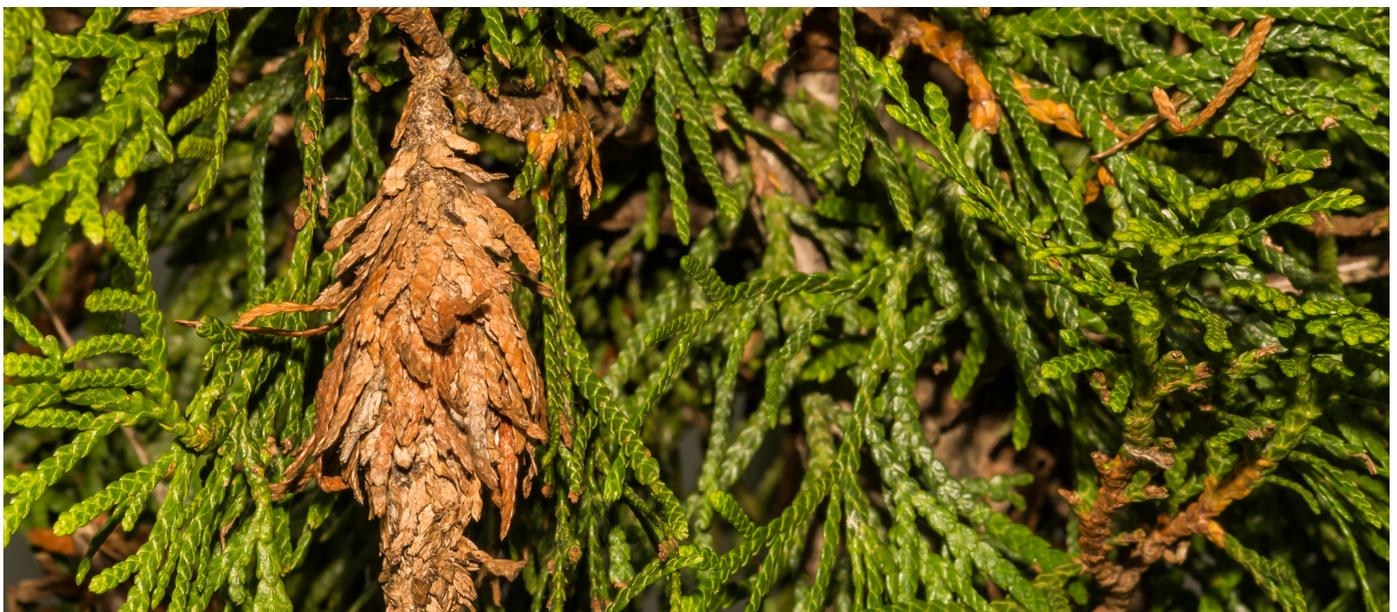
Now is the time to start checking for bagworms. Newly hatched caterpillars are very difficult to detect because they typically blend in with plant foliage. Bagworms can be found on numerous trees and shrubs but especially junipers and arborvitae.

Female bagworms still hanging on trees from last year contain from 500 to 1,000 eggs. Newly-hatched caterpillars emerge from the bottom of the bags in late May or when the catalpa trees are in full bloom.

In the spring, caterpillars will climb to the tops of trees and “hang out” on 1 to 3-foot strands of silk. These strands will eventually get caught on wind currents and detach, becoming streamers that allow the caterpillars to float through the air until the silk catches on to an object or plant. It is important to note that caterpillars can balloon from nearby or even distant trees.

Normally we recommend homeowners wait at least two weeks after seeing their first caterpillars in order to allow all the young to leave the bag before treating. However, if the caterpillars are causing damage, it may be necessary to treat immediately. Wait another three weeks and again check for living caterpillars. If the young larvae are present in significant numbers, treat a second time. Let me reiterate; with normal populations of bagworms we only need to treat once.

Small infestations can be picked off by hand once the larvae are large enough to see. However, any insecticide spray will be more effective if used on young larvae that are actively feeding. Thorough coverage is critical for good control. Check out this publication for more information: <https://hnr.k-state.edu/extension/horticulture-resource-center/common-pest-problems/documents/Bagworms.pdf>



WANT TO START A BUSINESS?

Have you always wanted to sell your favorite salsa recipe commercially or maybe turn your favorite hobby into a business? The Unified Government has launched a new interactive tool to help local entrepreneurs to easily navigate through the business start-up maze. [DotteBiz](#), is an online resource for prospective and current business owners looking to launch or expand their business in Wyandotte County.

DotteBiz offers step-by-step guidance, user-friendly detailed checklists, and resource guides. New business owners can find information regarding required certifications, grant programs to help get their business started as well as other financing options. There is even a special section on how to become a Unified Government vendor for goods and services.

DotteBiz, makes starting a local business easier and faster, so that you can go from a great idea to income!



Upcoming Events



June:

June 1 - Cooking from the Garden

June 7- K-State Garden Hour: Drought Tolerant Plants for a Challenging Kansas Landscape

June 14- ServSafe

June 15- Nutrition Education Workshop: Smart eating when you are out

July 6 - Plants gone Wild! Controlling invasive plants

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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