

June 2025

THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension



Director's Note

Denise Dias

Wyandotte County Director

It's summer! The first of June is often considered the unofficial start of summer. It is also a time when our staff shift to summer programming. Summer camps, fairs, farmers markets, and other events take on a sunny, outdoor feel. Look for us at numerous tabling events around the county and be sure to stop by and say hi! Happy Summer!

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4-H Youth Development

4-H YOUTH HORSEMANSHIP CLINIC

The 4-H program gives youth the opportunity to learn and explore many different life skills. Youth are encouraged to try new projects with STEM, arts, performance, agricultural and animal sciences. Kansas 4-H offers the horse project as part of the animal science category. In 4-H, youth have the ability to learn about horses and participate in events such as Horse Panorama, clinics, and the county and state fairs. 4-Hers do not have to own a horse to participate in the 4-H horse project.

This month, Wyandotte 4-H hosted a horsemanship clinic that helped 4-Hers and their parents learn more about horse safety, horse and rider communication, various equipment, and techniques to help youth prepare their horses to compete at the county fair.

We would like to give a huge thank you to the Atchison County Agriculture Agent, Clarissa Lierz for teaching the clinic.



Casey Ling,
4-H Youth Development Agent
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TOP PLACES THAT HIRE 15-YEAR-OLDS (2025)

Finding that first job as a teenager is an exciting milestone—it's more than just a way to earn extra cash. It's a chance to gain independence, build responsibility, and learn valuable life skills. Whether you're 15 and eager to start your adventure into the working world or a teenager looking for a part-time job, there are plenty of places that are ready to welcome young workers. From retail, restaurants to online and seasonal jobs, these options will help you jumpstart your career while balancing school and social life. Please conduct your research to see who is hiring in your local communities.

Places that hire Teens:

- Restaurants
- Retail Stores
- Grocery Stores
- Movie Theaters
- Amusement Parks

Working during your teenage years bring a lot of opportunities. See the list below for some benefits:

1. Financial Independence-Earning your own money allows you to save for personal goals, pay for your hobbies, or contribute to your education. It gives you the freedom to make your own financial decisions and learn how to budget effectively.
2. Work Experience-Starting work at a young age provides valuable experience that can give you a head start in your future career. It helps you build a strong resume.
3. Skill Development-Working teaches you essential life skills such as time management, teamwork, communication, and problem-solving. These skills are not only useful in the workplace but also in school and personal life.
4. Networking Opportunities-Working as a teenager allows you to meet new people, including mentors and peers, who can offer guidance, advice, and even future job opportunities. Building a professional network early on can be incredibly beneficial.
5. Career Exploration-Early jobs give you the chance to explore different industries and roles, helping you discover your interests and potential career paths. It's a great way to figure out what you enjoy (and what you don't) before committing to a particular field.
6. Enhanced College Applications-Having work experience as a teenager can make your college applications stand out. It shows admissions officers that you are hardworking, responsible, and capable of managing multiple commitments.

<https://www.vantagelens.com/blog/places-that-hire-at-fifteen/>



Nutrition and Food Safety

MOTIVATION: INTERNAL OR EXTERNAL?

What is motivation? It can be what drives you to maintain or achieve goals. Or, you might say it is a form of desire. It is essential to know where your motivation comes from. It could be external things that motivate you or internal desires that drive you.

External motivators are usually what you rely on when it comes to exercise. Think of a carrot and a stick. You lure yourself to exercise with the carrot — “You’ll lose weight!” — or you hit yourself with an invisible stick — “You’ll get fat if you don’t exercise!” With this type of motivation, you are not exercising because you like it. Instead, it will result in what you want sometime in the future.

Extrinsic motivation is not always bad if it works. But what if it doesn’t give you what you want? What if you don’t have the genetics to achieve a certain size or weight? What if you can’t exercise enough to get the bathing suit body you want? This is when motivation slides.

There is another type of internal motivation that is important to you now, and not some future goal. Perhaps your motivation is that exercise feels good, helps relieve stress, and as your body gets stronger, you can do more than before.

Identify some things you value most and consider how sitting less and moving more can contribute to those values. Some examples: “I value being a productive employee, and taking a daily walk helps me feel less stressed and more focused at work.” “I value time with my grandchildren. I know that stretching, doing strengthening exercises, and walking will help me be more active with them.”

External motivators can be fleeting, but internal motivators have staying power. This week, focus on your values and what motivates you from within.

(Source: Walk Kansas Newsletter, 2023, Week 2)



IT IS SPRING AND FARMERS MARKET TIME

Locally grown culinary herbs include anise, basil, borage, chervil, chives, coriander or cilantro, dill, fennel, oregano, parsley, rosemary, sage, sweet marjoram, tarragon, and thyme.

Selecting Freshly Cut Culinary Herbs:

Choose fresh, clean herbs that are not discolored or damaged. Avoid herbs with bruised, limp, brown, or black leaves.

Measuring Culinary Herbs:

2 to 3 tablespoons fresh herbs = 1 tablespoon dried crushed herbs = 1 1/2 teaspoons ground herbs

Handling and Preserving:

Handle herbs gently to avoid bruising. Refrigerate unwashed fresh herbs in an open or a perforated plastic bag in the vegetable bin for use within a few days. To extend freshness for a week or more, snip off the stem end diagonally, place herbs in a tall glass with an inch of water, cover them loosely with a plastic bag, and refrigerate, changing the water daily.

Preparation and Serving:

Rinse herbs under cool running water to remove dirt, shake off excess moisture, and pat with clean paper towels. Unless your recipe gives other directions, mince the herb leaves finely before cooking to release more flavor. Chop with a knife, or snip them with kitchen scissors, discarding stems. Mild or savory herbs impart a delicate flavor to foods, while stronger or pungent herbs add zest. When using culinary herbs, start with small amounts to discover what you like. Refrigerate homemade oil-based herb mixtures for up to 2 days and commercial mixtures for up to 3 weeks.

To freeze herbs for use in cooked dishes, rinse under cool running water, shake, drain, pat dry, and wrap a few sprigs or leaves in freezer wrap, place in a freezer bag, seal, label, and freeze for up to 6 months. Add fresh herbs to refrigerated foods several hours before serving, so the flavors have time to blend. When cooking, preserve the delicate flavor of basil, chervil, chives, coriander or cilantro, dill leaves, mint, parsley, and sweet marjoram by adding them just minutes before the end of cooking, or sprinkle them on the food just before serving. Oregano, rosemary, tarragon, and thyme have stronger flavors and can be added during the last half hour of cooking.

Community Development

RE-HIRING AN AGENT POSITION

We are sad to announce that Cory Creed, Horticulture Agent, resigned in May. The Executive Board and staff are sorry to see Cory go, but we wish him the best in his next chapter. So, the question is, "When will we get a new agent?"

Hiring an agent is a bit of a process. The board accepted the resignation and then motioned to rehire a horticulture agent. That information has been forwarded to K-State Extension Human Resources. They will work with the state specialist for horticulture, the eastern regional director, Extension Operations, and the local county director to develop a position announcement and plan for advertising the opening. Once the position opens, it must be open for at least 30 days. Once the position closes, the team will review candidates' folders and remove those who do not qualify for the position. Oftentimes it is due to an unrelated work history, lack of an agriculture or Horticulture degree, and not submitting the correct requested documents. This helps streamline the best candidates for the board to review and interview.

The Executive board will hold a special session to hold interviews, question the candidates, and then decide on a candidate. We invite candidates to visit the office and meet with staff before their interview so they can learn more about Wyandotte County Extension.

Oftentimes, the board decides quickly after the interviews end. It can take up to a week to complete salary and start date negotiations before the new agent is announced to staff and stakeholders. If no candidate is selected, the hiring team reviews the position description and begins a new process to open it up for applications.

"So, when will they start?"

The start date is determined by when the new agent is available. Many times, they like to give their old position a 2-week notice. We must also schedule the start day with training and payroll at K-State. The process from start to finish can take between three and four months to complete. In the interim, we work with neighboring extension counties to help answer questions. Other local agents and staff members often fill in for any other commitments until the new agent is onboarded. When the agent finally starts, the staff welcome them and often have a small celebration with guests to help celebrate their arrival. Their first year is filled with training, learning new procedures, and getting to know their community.

If you or someone you know would be interested in learning more about this opening, feel free to send me a request for the position description at: ddias@ksu.edu

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



June 3: Grant Writing Workshop

June 6: First Friday E-Call

June 11: Remote Work Wednesday

June 19: Office Closed

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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