



June 2026

THE EXTENSION CONNECTION

Wyandotte County K-State Extension

Director's Note

Denise Dias

Wyandotte County Director

Even with the World Cup bringing extra energy and visitors to our area, this is still our community—and there's so much happening right here at home. We invite you to stay connected by reading our newsletter and joining us at the County Fair and upcoming Extension programs. These local events celebrate our youth, our families, and the traditions that make Wyandotte County special. Take a break from the crowds, enjoy something familiar, and support the people who make this community thrive.

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4-H Youth Development

4-H YOUTH SHINE AT THE 2026 WYANDOTTE COUNTY FAIR

Every summer, the Wyandotte County Fair becomes the ultimate stage for local 4-H youth, who spend the entire year preparing projects that showcase their skills, dedication, and creativity. For 4-H members ages 7–18, the fair isn't just an event—it's the pinnacle moment where hard work meets community celebration.

In the Livestock Pavilion and Horse Arena, 4-H exhibitors present the animals they've raised and cared for throughout the year. Spectators can watch youth show beef cattle, goats, sheep, swine, poultry, rabbits, and horses, demonstrating not only their knowledge but also the strong bonds they've built with their animals.

Meanwhile, the Red Barn transforms into a gallery of “static” projects—an impressive display of talents ranging from art and photography to woodworking, educational exhibits, and more. These projects highlight the diverse interests of 4-H members and the hands-on learning that defines the program.

Mark your calendars: The Wyandotte County Fair returns July 21–25, 2026, bringing five days of family fun, youth achievement, and community pride. The fairgrounds are located at 13700 Polfer Rd, Kansas City, KS 66109. For the latest updates, schedules, and announcements, visit wycofair.com.



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HOW TO STAY SAFE WHILE CAMPING

Camping is a favorite pastime activity for many people all over the world. Whether it's due to the desire to commune in nature, getaway appeal, or just spending time with family or friends. However, there's one certainty about camping: the great outdoors pose a great deal of danger for the unprepared. Flash floods, wild animal attacks are just an example of what is likely to threaten your camping safety while out there. So, between fishing, walking trails, boating, and s'mores toasting, it's imperative that you observe basic camping safety tips.

Key Camping Safety Measures:

- **Fire Safety:** Never leave a campfire unattended, keep it small, and ensure it is out cold before leaving.
- **Wildlife Awareness:** Store all food, trash, and scented items in bear-resistant containers or hang them at least 10-15 feet high and 4 feet out from a tree trunk. Never feed wild animals.
- **Weather Preparedness:** Check forecasts frequently, and if you hear thunder, move to a safe, enclosed area.
- **Health & Hygiene:** Pack a first-aid kit, use insect repellent, apply sunscreen (SPF 15+), and stay hydrated. If you have any medical conditions, check with your health care provider for approval and pack more prescription medication than you might need in case your trip is unexpectedly extended
- **Location Safety:** Set up in daylight, check for overhead hazards (dead branches), and avoid low areas prone to flash floods. Use only battery-operated lights in or near tents and never use heaters that emit carbon monoxide in your tent or camping vehicle.
- **Emergency Planning:** Inform someone of your trip itinerary, including your location and expected return time.

Tips for Specific Situations:

- **Tent Setup:** Keep your tent at least 15-30 feet away from your fire.
- **Check your vehicle before the trip and make sure it is in good condition for any mountainous or desert road conditions you may encounter.**
Driving/Arrival: Arrive by 3 p.m. to set up in daylight and avoid fatigue.
- **Food Safety:** Keep raw meat and poultry in sealed, double-bagged containers to prevent cross-contamination.
- **Hiking:** Carry a map, compass, and a fully charged phone (though service may not be available).
- **With Pets:** Keep pets on a leash and vaccinated.
- **Before you decide to camp, please conduct your research and camp safely. For more information contact:**



<https://ksoutdoors.gov/State-Parks/State-Park-Reservations>

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Nutrition and Food Safety

HEALTHY HYDRATION

As the weather warms up and summer approaches, staying hydrated becomes even more important. Water plays a vital role in keeping our bodies functioning properly and preventing dehydration. In fact, about 60% of the human body is made up of water. Proper hydration supports body temperature regulation, digestion, brain function, heart health, and the removal of waste.

Hydration also helps the body absorb water-soluble vitamins, which are essential for immune function, energy production, cell repair, and nervous system health. Without enough fluids, the body cannot use these nutrients effectively.

Electrolytes are another important part of hydration. Electrolytes such as sodium, potassium, magnesium, and chloride help maintain fluid balance, support muscle and nerve function, and regulate blood pressure. Most people can meet their electrolyte needs through a healthy, balanced diet. However, during intense exercise, illness, or extreme heat, the body loses both fluids and electrolytes through sweat and dehydration. Replacing these losses is important for proper recovery and hydration.

Many sports drinks are marketed as hydration products, but they often contain large amounts of added sugar. In some cases, too much sugar can actually worsen dehydration. Instead, consider these healthier hydration options when plain water is not enough:

- Coconut water
- Broth or soup
- Citrus fruits (lemon, lime, orange)
- Celery
- Bananas
- Pedialyte

Simple ways to increase your daily fluid intake include carrying a reusable water bottle, choosing water when eating out, adding citrus fruits like lemon or lime to your water for flavor, and trying homemade electrolyte drinks. Aiming to drink 8 glasses or approximately 64 ounces of water per day is a good goal but keep in mind that some people will need more or less fluids depending on things like activity level, environment, health conditions, or pregnancy.

Always speak with your healthcare provider before significantly increasing electrolyte intake or using electrolyte supplements or drinks regularly, as certain medical conditions and medications may interact with electrolytes such as sodium or potassium.

Sources:

[About Water and Healthier Drinks | Healthy Weight and Growth | CDC](#)

[It's Great to Hydrate Infographic | American Heart Association](#)

[Do Electrolytes Really Boost Hydration? | Northwestern Medicine](#)

[Water: How much should you drink every day? - Mayo Clinic](#)

[Electrolyte Drink Mix Recipe.pdf](#)



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Horticulture

JUMPING INTO JUNE

June brings summer temperatures, growth, blooms, and some harvests from our early season plantings. Consistent maintenance, irrigation, and patience can keep your plants rolling through the summer!

Poison ivy or something else?

One plant question that begins to arise this time of year is “is this poison ivy??” Most of the time it is not, it's a look-a-like vining plant known as Virginia creeper. This plant has its own issues and causes woes in different ways, but for most people it will not cause skin irritation from touch.



Virginia creeper



poison ivy

Garden Pest of the Month



This month I want to highlight the infamous bagworm. These insects will create their signature cocoons and will commonly appear in evergreen and deciduous trees. In their larval stage the worms will feed on the tree's needles causing browning and dieback. Mid to late June is critical for control for the whole year and well timed insecticide sprays can keep your evergreens healthy and beautiful.

Community Development

SUPPORTING THE WYANDOTTE COUNTY EXTENSION OFFICE STRENGTHENS OUR COMMUNITY

The Wyandotte County Extension Office continues to make a meaningful difference in the everyday lives of local residents. With programs that support families, youth, health, and community growth, Extension remains one of the county's most valuable public resources.

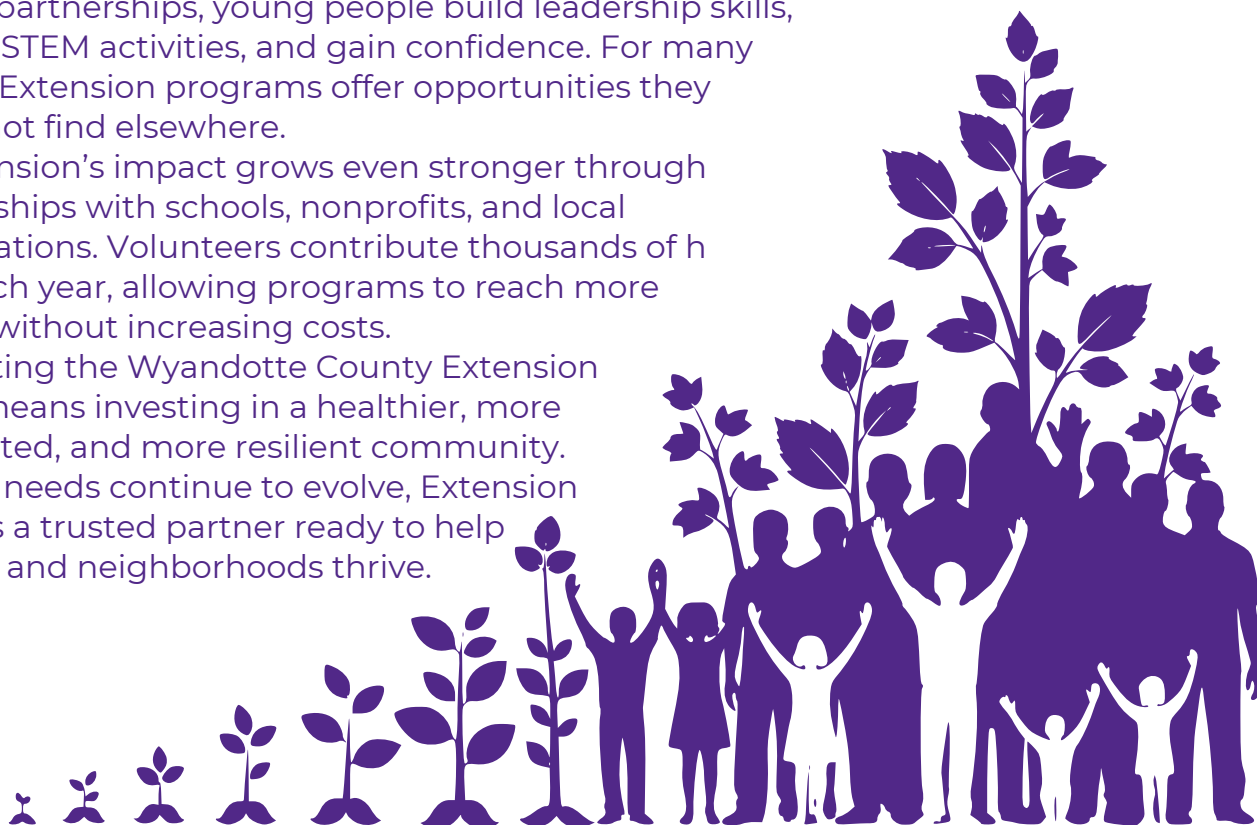
Extension brings Kansas State University's research directly into neighborhoods, offering practical education that helps people solve real problems. Residents rely on programs such as nutrition and health classes, financial education, gardening support, and youth development through 4-H. These services are especially important in a county where many families face barriers to accessing reliable, research-based information.

Community gardening is one of Extension's most visible contributions. Master Gardeners maintain public gardens that provide fresh produce, hands-on learning, and welcoming green spaces. These efforts help address food access challenges and promote healthier lifestyles.

Youth programs also play a major role. Through 4-H and school partnerships, young people build leadership skills, explore STEM activities, and gain confidence. For many youths, Extension programs offer opportunities they might not find elsewhere.

Extension's impact grows even stronger through partnerships with schools, nonprofits, and local organizations. Volunteers contribute thousands of hours each year, allowing programs to reach more people without increasing costs.

Supporting the Wyandotte County Extension Office means investing in a healthier, more connected, and more resilient community. As local needs continue to evolve, Extension remains a trusted partner ready to help families and neighborhoods thrive.



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Upcoming Events



June 3: K-State Garden Hour

June 4: Fire-Proofing Your Landscaper

June 4: Succulents at Sunset

June 11: Cooking with Herbs and Spices

June 19: Office Closed

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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