



May 2024

THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension

Director's Note

Denise Dias

Wyandotte County Director

What does the phrase “best kept secret” mean? It is defined as something very good that not many people know about. Some residents consider us a best-kept secret, but Extension does not want to keep that a secret anymore! We are a friendly place with an amazing depth of knowledge on a variety of subjects to help you create your best life. Give us a try, and help us to let the secret out!

K-STATE
Research and Extension
Wyandotte County

WYCO 4-H YOUTH ENGAGING IN COMMUNITY SERVICE PROJECTS

The 4-H program has a rich history of helping those in the community. Through its pledge of "hands to larger service," 4-H has historically given back to the community by encouraging young people to volunteer and donate items to those in need. In 4-H, service is commonly defined as the voluntary action of an individual or a group of individuals without pay. Service to the community is demonstrated through food drives, raking the yard of an elderly neighbor, adopt-a-highway programs, teens teaching younger youth, or youth determining community needs and helping solve community problems. Engaging in community service helps young people learn caring, leadership and citizenship.

The Nearman 4-H Club held a food drive at their monthly club meeting in April. 4-H members brought non-perishable food items to be donated to Vaughn-Trent Community Services, Inc. Vaughn-Trent is a social services agency that serves residents in the Bonner Springs and Edwardsville area.



Family and Consumer Sciences

HOW DO I CREATE A WINNING SUBSTANCE USE PREVENTION STRATEGY

Risk of drug use increases greatly during times of transition. For an adult, a divorce or loss of a job may increase the risk of drug use. Care in choosing a specific prevention is key to establishing a winning substance use prevention strategy. Alarmed about alcohol and drug use may center on certain substances such as; alcohol, tobacco, vaping, marijuana, methamphetamine, nonmedical use of painkillers, fentanyl, or inhalants.

People use alcohol and other drugs for many reasons. Some use these substances to help them to relax, to feel livelier, to feel less inhibited or to feel pleasure. Some find the effects of substances make it seem easier to cope with problems. Others may be curious about the effects of a specific drug.

No one plans to become addicted. People may think that they can handle their substance use and that they only use when they want to. But when they want to change the way they use, they may find it's not that simple. Because substance use is common, it's important to be able to see when a person's use puts him or her at risk of developing a problem.

When is substance use a problem?

Two important signs that a person's substance use is risky, or is already a problem, are harmful consequences and loss of control.

Harmful Consequences

The harms of substance use can range from mild (e.g., feeling hungover, being late for work) to severe (e.g., homelessness, disease). While each time a person uses a substance may seem to have little impact, the harmful consequences can build up over time. The harms of substance use can affect every aspect of a person's life.

Some examples are:

- injuries while under the influence
- feelings of anxiety, irritability or depression
- trouble thinking clearly
- blackouts
- problems with relationships
- spending money on substances rather than on food, rent or other essentials
- legal problems related to substance use
- loss of hope, feelings of emptiness.

Loss of Control

Some people may be aware that their substance use causes problems but continue to use, even when they want to stop. They may use more than they intended, or in situations where they didn't want to use.

Another simpler way of describing addiction is the presence of the 4 C's:

- Craving
- Loss of Control of amount or frequency of use
- Compulsion to use
- Use despite Consequences.

Addiction is a condition that can be successfully treated and managed. Relapses, however, can and do occur, please seek support from a medical doctor, addiction counseling, and/or treatment facility if needed. Recovery is possible.

National Institute on Drug Abuse (nida) www.nida.nih.gov

Nutrition and Food Safety

HIGH BLOOD PRESSURE EDUCATION MONTH

Half of all Americans have high blood pressure, also known as hypertension, and many don't even know they have it. High blood pressure develops when blood flows through your arteries at higher-than-normal pressures. Your blood pressure is made up of two numbers: systolic and diastolic. Systolic pressure is the pressure when the ventricles pump blood out of the heart. Diastolic pressure is the pressure between heartbeats when the heart is filling with blood.

Your blood pressure changes throughout the day based on your activities. For most adults, a normal blood pressure is less than 120 over 80 millimeters of mercury (mm Hg), which is written as your systolic pressure reading over your diastolic pressure reading — 120/80 mm Hg. Your blood pressure is considered high when you have consistent systolic readings of 130 mm Hg or higher or diastolic readings of 80 mm Hg or higher.

Hypertension is a major risk factor for heart disease, a leading cause of death in the United States. If your blood pressure remains high for a period of time it can lead to, not only heart disease, but stroke, kidney disease and dementia.

How can high blood pressure be prevented or managed?

According to the National Heart, Lung and Blood (NHLB) Institute, a healthy lifestyle is important in preventing and managing high blood pressure which includes:

- Weight reduction/healthy weight
- Healthy eating plan utilizing the Dietary Approaches to Stop Hypertension (DASH) which also includes reducing sodium.
- Daily physical activity
- Limit alcohol consumption
- Get enough sleep
- Reduce stress
- Quit smoking

For more information:

- [DASH Eating Plan](#)
- [Physical Activity](#)
- [General](#)
- Source: [University of Nebraska-Lincoln, Extension](#)



SUMMER SALADS

With hot summer days approaching you may be adding more salads to your weekly menu. Here are some simple ideas to make dinner delicious and cool. These salads are a great way to use leftover grilled fish or meat or other vegetables you have from other meals. Think of the below as not recipes but suggestions. Use your imagination to use what you have on hand.

Southwest Salad

This is a great way to use leftover corn on the cob and grilled chicken. Start with romaine lettuce and add tomatoes, jalapenos, avocado, and corn cut off of the cob. Toss all with [chili lime vinaigrette](#). Top with cilantro and broken tortilla chips. For a plant-based protein option, add canned black beans that have been well-rinsed. Or, you can add grilled chicken.

Asian Salad

Start with chopped red or green cabbage and chopped romaine and bok choy. You can also make this salad with just cabbage if this is what you have on hand. Add chopped snow peas, chopped cucumber, and chopped oranges. Combine with [sesame dressing](#) then top with chopped peanuts and cilantro. Serve topped with grilled salmon, chicken, or pork.

Tropical Salad

Grilled pineapple is the star of this salad. Grill sliced pineapple and chill for us in this salad or tacos later in the week. Any lettuce will work, a good one for this, however, is spring mix. Add sliced almonds, chopped green pepper, and chopped grilled pineapple. Dress with [citrus vinaigrette](#). Top with grilled shrimp or chicken. You can also add chopped mango to this salad.

Southern Salad

Start with butter lettuce. Add chopped cucumbers and tomatoes. Dress with [balsamic vinaigrette](#). Add sliced peaches raw or grilled. Top with grilled salmon or grilled chicken.

Med Salad

All along the Mediterranean Sea, this combination is eaten with most meals. Combine chopped cucumber, chopped tomato, chopped black olives, and chopped feta. Add this mixture to the lettuce of your choice. Dress with [balsamic vinaigrette](#). To add protein to this salad, add garbanzo beans that have been well drained and rinsed. It is also delicious with grilled fish.



LEAVES OF THREE, LET IT BE!

Poison ivy seems to be fat and happy and in everyone's yard. Learning to identify poison ivy is vital if you wish to avoid the rash that accompanies exposure. Unfortunately, poison ivy can make identification difficult because it occurs in three forms: an erect woody shrub, a groundcover that creeps along the ground, and a woody vine that will climb trees. The leaves of poison ivy also vary. Though the compound leaf always has three leaflets, the leaf margins may be toothed, incised, lobed or smooth. The size of the leaves can also vary though usually the middle leaflet is larger than the other two. The middle leaflet is the only one with a long stalk; the other two are closely attached to the petiole (leaf stem). Poison ivy is often confused with Virginia creeper. Virginia creeper, however, has five leaflets rather than three.

All parts of the plant, including the roots are poisonous at all times of the year. You must come in contact with the oil (urushiol) of the plant for exposure. Once a leaf, stem or any plant part is bruised, broken, cut, etc., the sap becomes exposed. The oil can also be carried in the smoke from burning poison ivy. The oil can be transmitted on pet fur, as well. This oil can remain active on tools, clothing, and gloves for up to a year. It is even active once the plant is dead.

There are three methods commonly used to eradicate poison ivy. The method used depends somewhat on the plant's growth form. If the plant is growing as a groundcover, direct spray or grubbing the plant out is often used. The soil must be moist for grubbing to work well. If grubbing, wear gloves and a long-sleeved shirt. If the plant is in the shrub form, direct spray is the most common control method. If the plant is a woody vine that has climbed a tree, the preferred method is to cut the plant off at the base and treat the sprouts after they emerge. Whatever method you use, be sure to wash the clothes, yourself, and any tools used, immediately after you finish.

Herbicides that can be used include glyphosate (Roundup, Killzall Weed and Grass Killer, Poison Ivy and Vine Killer) or triclopyr (Brush-B-Gon Poison Ivy Killer, Brush Killer Stump Killer). Poison ivy is tough. Repeat applications may be necessary.



Community Development

10 TIPS TO IMPROVE YOUR BOARD LEADERSHIP SKILLS

The board of directors is the group of people legally charged with the responsibility of governing. Corporations are required by law to have a board of directors to be responsible for holding the group accountable. This ensures that the board functions legally, ethically, and fiscally responsibly.

1. Determine the organization's mission and purpose. Not only does the board create the mission statement, but it should review the statement periodically to ensure that the operations of the organization are consistent with the mission and purpose.
2. Select and support the executive, and review his or her performance. The board approves the chief executive's job description, participates in the job search for the most qualified person, and periodically evaluates the CEO's performance.
3. Approve and monitor the organization's programs and services. The board determines which programs and services are the most consistent with the organization's mission and reviews effectiveness periodically.
4. Raise money. The board has the responsibility to ensure the organization has the resources necessary to fulfill its mission. Board members themselves are often looked to for contributions, whether in the form of "wealth, work, or wisdom."
5. Ensure effective fiscal management. The board is accountable to donors. It must assist in developing the annual budget and making sure that proper financial controls are in place.
6. Enhance the organization's public image. The board helps the organization link to the community and must clearly express the organization's mission, accomplishments, and goals to the public.
7. Develop itself as a board. Board members are expected to seek out replacements making sure new board members are recruited and trained. Members should also assess their own performance periodically and identify and provide needed training.
8. Organize so that the board operates effectively. Boards must actively participate with the staff in periodic planning processes and structure the organization so goals can be smoothly implemented.
9. Ensure sound risk management policies. The board is ultimately responsible for ensuring adherence to legal standards and ethical norms. The board makes sure the organization's bylaws and articles of incorporation are followed and that personnel policies, grievance procedures, and affirmative action plans are in place.
10. Serve as the arbiter of disputes. Although the CEO is responsible for staff grievances and conflicts, the board may be approached as an "appeal court" as a last resort.

Upcoming Events



May 3 & 4: Plant Sale

**May 3: Kitchen Restore
Sidewalk Sale**

May 3: Volunteer Appreciation

May 15: Flavor Up

May 16: Native Bees

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.

K-STATE
Research and Extension
Wyandotte County