



November 2023

# THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension

## Director's Note

**Denise Dias**

Wyandotte County Director

November is all about thankfulness. I am thankful for our staff, volunteers, and participants who learn, share, and work together to improve the lives of others. Taking the time to be grateful helps us to slow down and appreciate all of the amazing and wonderful things that Wyandotte County has to offer.

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## 4-H Youth Development

# 48 HOURS OF 4-H

Kansas 4-H members are proud of the communities they call home. Whether they live in cities, towns, or rural areas, 4-H members make their communities better year-round. The 48 Hours of 4-H service project was created to challenge 4-H members to explore their service capabilities — “To Make the Best Better” in their communities, extension units, and across the state. 4-H members, adult volunteers, alumni, and friends help improve their communities by adopting a service project in their community.

The Nearman 4-H Club of the Wyandotte County 4-H Program hosted this year’s 48 Hours of 4-H Service Project. During their September monthly club meeting, the youth brainstormed ideas on what to do to serve their community. They decided on collecting donations for the Humane Society of Greater Kansas City. The club held it to a vote and unanimously decided to move forward with the service project. The Nearman 4-H Club opened their service project to other 4-H clubs in the county and received donations from the Piper and Wolcott Wanderers 4-H Clubs. On Saturday October 14th, the Nearman 4-H Club delivered their donations to the Humane Society of Greater Kansas City. Donations included dog and cat food, kitty litter, pet treats, handmade pet toys, soaps, and laundry detergent.



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# Family and Consumer Sciences

# IMPROVE MENTAL HEALTH WITH ACTS OF KINDNESS

In today's world of negativity kindness is needed more than ever. Kindness has been defined simply as the state or quality of being kind. Taking a look at the synonyms for kindness we find more depth in words such as benevolence, generosity, charity, sympathy, compassion, and tenderness. Kindness entails putting someone else's needs before our own. For some, putting others first comes easily, for others, it becomes a deliberate effort.

Aesop, the Greek storyteller, has been credited with saying, "No act of kindness - however small - is ever wasted." It turns out he was right. Acts of kindness not only benefit those in receipt of kind deeds but science has proven that there are astonishing health benefits for those performing those acts and, even to those simply witnessing acts of service. Reported benefits to physical health include increased lifespan, more energy, reduced pain and lower blood pressure. Mental health benefits show increased feelings of community, empathy, compassion and gratitude may occur. Additional mental health benefits for those performing acts of kindness include:

Feelings of well-being, that of feeling healthy, happy and positive, as well as, good fortune, as in feeling positivity and good luck are also increased.

We all need kindness and we all have the ability to be kinder. Even small acts of kindness can change the world and our own mental health. Need ideas to help you begin? Random Acts of Kindness, a non-profit organization dedicated to kindness education, has suggestions, ideas and even monthly calendars to help anyone increase kind acts. Examples include:

- Ask a senior citizen about their past.
- Leave quarters at the laundromat.
- Find out something new about a co-worker.
- Text someone good morning or good night.
- Compliment drivers on how well they parked.
- Praise a local business online.

Performing small acts of kindness isn't difficult nor necessarily time consuming. Try a little harder each day to increase your acts of kindness

Random Acts of Kindness <https://www.randomactsofkindness.org/>

Kindness Health Facts <https://www.dartmouth.edu/wellness/emotional/rakhealthfacts.pdf>



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# NOVEMBER BRINGS...

### All Things Turkey

I think it goes without saying that the mention of November brings Thanksgiving to mind for many and with that turkey! You might want to bookmark the following links to answer any questions you have about preparing turkey including thawing, to washing or not (not!), etc, and recipes...

<https://www.foodsafety.gov/blog/thanksgiving-day-will-be-here-soon-and-its-time-get-ready> (Foodsafety.gov)

<https://extension.umaine.edu/food-health/2021/11/04/10-recipes-to-use-your-leftover-turkey/> (The University of Maine Extension)

### National Diabetes Month

This annual observance is dedicated to raising awareness about diabetes, a chronic health condition that affects millions of people worldwide. Below are links that will address any concerns you have regarding diabetes including a test to determine your risks:

<https://www2.diabetes.org/get-involved/community/american-diabetes-month> (American Diabetes Association)

<https://www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-diabetes/index.html> (K-State Extension)

<https://www.ndsu.edu/agriculture/extension/november-national-diabetes-awareness-month> (NDSU Extension)

### Sweet Potato Awareness Month

Sweet potatoes are starchy vegetables that contain a lot of vitamins and minerals. They are high in Vitamin C, which helps heal cuts and wounds. They are also high in Vitamin A, which promotes good vision and cell growth.

<https://food.unl.edu/food-calendar/november/sweet-potato-awareness-month> (Nebraska Extension, UNL Food)



# Nutrition and Food Safety

## NATIONAL CLEAN OUT YOUR REFRIGERATOR DAY—NOVEMBER 15

With our hectic lifestyle it is easy to forget about our refrigerators. I usually find a few UFO's unidentified foreign objects, or science experiments. I forget to label and date containers on busy days. Holidays are approaching and we need extra space for the special holiday meals. Produce and meat bins have the most bacteria that will cause food born illness. Typically, your office refrigerator will win the prize for the least clean.

Ideally it is important to clean the refrigerator before grocery shopping or before your groceries are delivered. Also, check the temperature to see if it is below 40°F. The ideal temperature to keep food safe and chilled.

Here are 12 easy steps to a clean refrigerator:

1. Empty refrigerator and trash items you won't use; past expiration or use by dates; and moldy foods.
2. Take out shelving, drawers, and any other removable parts.
3. Wash the top and underneath of shelving, drawers, and any other removable parts by hand with hot, soapy water. Dry with a clean towel. Caution do not run hot water over glass shelves or plastic bins. They may crack. Start with lukewarm water to warm the material up then to hot water.
4. Wipe the inside of the empty refrigerator with hot, soapy water, then wipe with clean water to rinse off soap. Dry with a clean towel. Remember to wipe the inside of the door and drawers that cannot be removed.
5. Use a solution of 1 Tablespoon unscented liquid bleach in 1 gallon of water to sanitize your refrigerator.
6. Vacuum condenser coils if your model has them.
7. Vacuum out under the refrigerator.
8. Put the shelves, drawers, and other removable parts back in the refrigerator, along with the other items you took out.
9. Wipe food and drink containers with hot, soapy water before returning them to the clean refrigerator.
10. Wash your hands with water and soap once you've finished cleaning.
11. Use hot, soapy water to wipe kitchen counters that held food, drinks, refrigerator parts and any cleaning materials.
12. Wash any towels you used to dry the refrigerator before using them again.

# FALL COLORS OF TREES

Fall is on its way and the jury is still out as to how brilliant our fall foliage color will be. There are trees that turn red, purple, yellow, orange and brown. Specific plant pigments determines individual colors. Foliage derives its normal green color from chlorophyll, the substance that captures the energy of the sun. Other pigments produce fall colors. Reds and purples are caused by anthocyanins, yellows by xanthophylls, and oranges by a combination of carotenes and xanthophylls. Browns are the result of tannins present in the leaf. Most of these substances are present throughout the growing season but are masked by the green color produced by chlorophyll. Anthocyanins are the exception and are produced after the chlorophyll is destroyed in the fall.

Why do some red maple trees have yellow fall foliage instead of brilliant red? Although fall color will vary with different environmental conditions, in many cases the yellow foliage of these red maples is simply due to the genetics of the individual tree. Unnamed red maple trees grown from seed are not always brilliant red. They have highly variable fall color. A number of things can reduce the intensity of color, including extreme heat or drought during the summer and cloudy days and warm nights in the fall.

Warm, sunny days and cool nights are ideal for good color. The sunny days encourage photosynthesis and, thus, sugar accumulation in the leaves. As fall progresses, each leaf develops an abscission layer at the base of the petiole, or leaf stem, that prevents these sugars from being transported down the trunk to the roots for storage. This high sugar content in the leaves produces more intense colors. Cloudy days and warm nights prevent some of the sugar accumulation in the leaves and results in less vibrant colors.



# Community Development

# GRANT OPPORTUNITIES

If you're looking for project funding here are some potential opportunities:

**PeopleForBikes' Bike Industry Community Grant program** supports bike infrastructure projects and targeted initiatives. Grant amounts range from \$5,000 to \$10,000 for projects such as trails and paths, bike parks, land acquisition for infrastructure, and local events. You can find out more about the program and eligibility on their website. Deadline to submit a letter of interest is October 20, 2023 with a final application deadline of November 20, 2023: [Find Here.](#)

**The Institute of Museum and Library Services offers a Museums for America grant.** This grant is for \$5,000 to \$250,000 and supports museums of all sizes and disciplines serving the public through exhibitions, educational programs, digital learning, professional development, community dialogue, and collections management - to name several areas. Their three project categories in this application are Lifelong Learning, Community Engagement, and Collections Stewardship and Access. Application deadline is November 15, 2023. You can find out more [here.](#)

**Kids Gardening** has grants available that support school and youth educational garden projects that enhance the quality of life in communities and for the students. The 2024 grant cycle opens on November 6, 2023: [Find Here!](#)

## **Additional Funding Resources**

Is your community looking for funding to help with certain projects? Let us know what the project is, how much you're seeking, and what your timeline looks like. We have access to multiple external grants databases and likely can give you some links to potential funding sources. Just email us at [KSCE@ksu.edu](mailto:KSCE@ksu.edu) with your request and project idea. If you've utilized Denise Dias or Jan Steen for grant searches - please report back to us on any successes you might have so we can determine effectiveness and continue to provide this service.

# Upcoming Events



## **November:**

**Nov 2:** Holiday Containers for Thanksgiving and Christmas

**Nov 3:** Kitchen Restore Drop Off

**Nov 14:** Annual Meeting

**Nov 23-24:** 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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