



September 2023

# THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension



## Director's Note

**Denise Dias,**  
Wyandotte County Director

Fall is just around the corner. Fall is also the time when we plan for future programs and events. If you have a group that would be interested in having a speaker, feel free to reach out to any of our staff. Many of us have a list of topics which we call a Speakers Bureau Sheet. I am sure there is a topic that your civic, church or community group could benefit hearing about. Happy Fall!

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# DOG DAYS OF SUMMER

Have you ever been in the kitchen cooking dinner for your family and your puppy dog wonders in with cute dewy eyes begging for a little taste of what's on the stove? Have you or your kid ever wanted to give your puppy a treat, but can't justify spending so much money on a tiny bag of treats from the store?

Well look no further than these homemade dog friendly (and kid friendly) Pup-Muffins! This is an easy recipe to make that is a great way to involve your kid in the kitchen and learn about pet nutrition and enrichment.

### What you will need:

- 1-2/3 cups flour (oats or oat flour can be used as a substitute)
- 1 teaspoon baking soda
- 1/4 cup vegetable oil
- 1 egg
- 1/2 cup applesauce
- 1 ripe banana, mashed
- 1/4 cup creamy peanut butter
- 2 tablespoons water

\*Choose a creamy peanut butter without xylitol on the ingredients list. Xylitol is an artificial sweetener that's toxic for dogs.

### Instructions:

Working together with your kiddo or grandkids- Preheat the oven to 350°F. In a mixing bowl, mix all the ingredients together until combined. Line a cupcake pan with 8 paper liners. Fill each cupcake liner halfway full. Bake the cupcakes for 16 to 18 minutes until a toothpick inserted in the center of one comes out clean. Once baked, remove the cupcakes from the oven and allow them to cool completely. We don't want any burned mouths!

When fully cool, you can share a Pup-Muffin with your puppy dog!  
Store in an airtight container. Pup-muffins will keep for three to five days.

### Are these pupcakes safe for all dogs?

The ingredients used to make this dog cupcake recipe are all dog friendly. The addition of banana adds good fiber, potassium and magnesium, while egg offers beneficial protein, vitamins and fatty acids. It's always best to check with your vet before feeding your dog something out of their normal diet. If your dog has an allergy to grain, this recipe isn't a good option.

Recipe Inspired by: Molly Allen from Taste of Home Magazine



# Family and Consumer Sciences

## FIVE REASONS WHY HIGH SCHOOL SPORTS BENEFIT STUDENTS

Athletics have been the foundation of the high school scene for decades. Today, the field has expanded, encompassing an even greater variety of competitive options for male and female students alike. While many students get involved in high school athletics for sheer love of the game, there are significant benefits from these extracurricular activities as well. There are 10 ways high school sports benefit students, this article has listed five.

### **The Importance of the 3 “P’s”**

An article at Education.com talks about the 3 “P’s” student athletes learn that extend beyond the classroom: persistence, patience and practice. Team members learn that practice is required, even when they would prefer to be spending time with friends. They learn the harder they work, the better they perform. They also discover that by never giving up, they are more likely to achieve their goals.

### **Fitness**

The fitness level of athletes in high school sports programs cannot be underestimated. A survey found that students agreed they would not spend as much time in sedentary activities like watching television and playing video games if they had other options after school.

### **Teamwork and Cooperation**

An article at We Play Moms explains that because everyone is working toward a common goal in team sports, students learn firsthand how their performance impacts the rest of the team.

### **Leadership Skills**

As students advance through the ranks of the high school team, they learn valuable leadership skills. Senior athletes are expected to encourage younger team members and hold them accountable.

### **Time Management**

Practice and games take up plenty of a student’s time, leaving much less for school work and other activities. Athletes must learn time management skills if they are to get everything finished.

These skills go far beyond the sports field or even beyond high school. Student athletes reap the benefit of their training for the rest of their lives.

<https://www.publicschoolreview.com/blog/10-reasons-why-high-school-sports-benefit-students>



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# COGNITIVE HEALTH

September 21, 2023...this day is significant because it's World Alzheimer's Day intended to heighten awareness of the disease. Alzheimer's is among the most prevalent forms of dementia; a set of disorders that disrupt mental function. And, while there is currently no cure for Alzheimer's or other forms of age-related dementia, there are healthy lifestyle steps we can take to reduce our risks.

In fact, the August 2023 Tufts University, Health & Nutrition Letter (Special Report), gives us a look into some of these actions steps we can take to protect our cognitive health:

- Eat plants and keep it as close to the original source as possible which means go slow on highly processed foods.
- Listen Up...There is a connection between poor hearing and cognitive decline. Get your hearing tested.
- Move. Physical activity, including strength training, encourages healthy brain function.
- Watch your stress! Find ways to stay calm and reduce your stress...talk with a friend, movement & activity, deep breathing, etc...
- Quality Sleep. Adults need 7-9 hours of sleep each night. Seek help if you have issues with insomnia, sleep apnea, etc..that inhibit quality sleep.
- Socialize. Spending time with others is good for your cognition...in person, talking on the phone, and even via video chat...are ways to stay connected.
- Keep learning. Take on challenging activities to keep your brain engaged.
- Avoid tobacco. Smoking and vaping work against a healthy heart and brain.
- Control blood pressure, blood sugar and cholesterol. Have your levels checked and address next steps with your doctor if needed.
- Pick up a new hobby. Is there something new you've considered trying but haven't yet? Doing so might increase your socialization and amp up your activity.

(Adapted from, <https://www.nutritionletter.tufts.edu/> Here you can also subscribe to their monthly newsletters for a fee.)

For more information check out K-State Research & Extension fact sheets that address the promotion of brain health:

<https://bookstore.ksre.ksu.edu/pubs/MF3365.pdf> (Alzheimer's 101)

<https://bookstore.ksre.ksu.edu/pubs/MF3602.pdf> (Healthy Body, Healthy Brain)

<https://www.aging.k-state.edu/programs/embracing-aging/docs/kea4brainactivitymf3259.pdf> (Keys to Embracing Aging: Brain Activity)

<https://bookstore.ksre.ksu.edu/pubs/MF3266.pdf> (Keys to Embracing Aging: Sleep)

# BETTER BREAKFAST DAY

Many families are on the go and schedules are hectic, but it is important to remember breakfast. When possible, do not leave home without it (whether you eat it quick at home, or take it with you for a little later in the morning).

We have all heard it before; breakfast is the most important meal of the day. This is true for many reasons, but studies have shown that students (and adults) who eat a healthy breakfast are better able to focus throughout the day, are less likely to be absent and have more energy throughout the day. For students in school, breakfast can improve test scores and decrease behavior problems.

Eating breakfast first thing in the morning, before school or leaving for the day for work can be a challenge. The goal for breakfast is to include at least three foods groups. A popular breakfast meal is pancakes. They are easy to prepare and can be topped with different fruits or other toppings to meet your family's tastes. In addition, leftovers can be refrigerated or frozen and reheated in the microwave or toaster for a quick breakfast or snack. Pancakes can also be used as a part of a breakfast sandwich/wrap. Top a pancake with peanut butter and wrap it around a banana with a sprinkle of cinnamon.

- Yogurt parfait (layer yogurt, fruit, nuts, and/or granola)
- Peanut butter and jelly sandwich with a piece of fruit
- Egg and cheese sandwich
- Oatmeal topped with fruit and nuts
- Crackers and cheese with a piece of fruit
- Granola bar, banana and milk
- Frozen waffles or pancakes topped with peanut butter and fruit
- Scrambled eggs wrapped in a tortilla and topped with cheese
- Egg sandwich with spinach and cheese



# AUGUST IS A GOOD TIME TO DIVIDE DAYLILIES

Most gardeners are tired of gardening by now – fighting those unwanted weeds, insects, and water hoses. Daylilies need to be divided every three to four years to maintain vigor. Though they may be divided in early spring before growth starts, it is more common to divide them at this time of year. Many gardeners cut back the tops to about half their original height to make plants easier to handle.

Daylilies have a very tough root system that can make them difficult to divide while in place. Dividing in place is practical if it hasn't been long since the last division. In such cases, a spading fork can be used to peel fans from the existing clump. If the plants have been in place longer and are well grown together, it is more practical to divide them after the entire clump has been dug.

Use a spade to lift the entire clump of daylilies out of the ground. Although it is possible to cut the clump apart with a sharp spade, you'll save more roots by using two spading forks back-to-back to divide the clump into sections. Each section should be about the size of a head of cauliflower. An easier method involves using a stream of water from a garden hose to wash the soil from the clump, and then rolling the clump back and forth until the individual divisions separate.

Space divisions 24 to 30 inches apart, and set each at its original depth. The number of flowers will be reduced the first year after division but will return to normal until the plants need to be divided again.



# Community Development AN IMPORTANT FUNDING OPPORTUNITY FOR OUR COMMUNITY

With the passage of the Bipartisan Infrastructure Law, historic investments were made in critical infrastructure across the U.S. Local communities now have access to grant funding to replace aging infrastructure and make investments to position them for the future. With most grants requiring a 20% local match and a robust application process, the Build Kansas Fund helps Kansas communities prepare for and successfully receive awards. The Build Kansas Fund provides \$200 million to support local matches to leverage federal infrastructure investments. Another \$15 million of support resources helps communities with technical assistance to be successful.

Specific topics to be covered on August 28 include:

- How to access FREE grant assistance to match potential projects to grant opportunities.
- How to apply for and access the Kansas Build Fund.
- How to access FREE technical assistance once you've received a federal grant award.
- How to access FREE assistance to help your community engage in BIL opportunities.
- Learn how education on BIL, the Kansas Infrastructure Hub, and the Build Kansas Fund will be made available across Kansas.

No registration is required. [Click here](#) to join the Zoom meeting on August 28, at 2 p.m.



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# Upcoming Events



## September:

**Sept 8-17:** Kansas State Fair

**Sept 11 - Dining with Diabetes**

**Sept 12:** EMG Fall Training- [Apply Here](#)

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](mailto: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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