



September 2023

THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension



Director's Note

Denise Dias,

Wyandotte County Director

Fall is a busy time as we wrap our programming end of year reports, plan for the next one, and go through numerous trainings and updates. We may seem like we are out of the office a lot, but believe me everyone is working at top speed. There are many new opportunities coming from K-State Extension, so be sure to read this newsletter until the end, you won't want to miss a single article!

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4-H Youth Development

KANSAS STATE FAIR 4-H WINNERS

Congratulations to all the WyCo 4-Hers who entered static projects into the Kansas State Fair!

Most of us know about the Wyandotte County Fair and how 4-Hers work all year to prepare for this popular county level contest. But what is the next level of competition after the county fair? The Kansas State Fair!!! Static projects that earn a purple ribbon at the county level qualify to represent Wyandotte County and compete at the state level at the Kansas State Fair. For some divisions, such as Visual Arts, not only do the projects have to earn a purple ribbon, but also need to be specially selected by the Visual Arts judges to compete at the state level. The Kansas State Fair static divisions are highly competitive. Only the best exhibitors from each county get to compete. Let's give a big congratulations to all our outstanding 4-H competitors!

*Static projects are non-livestock projects. For example; photography, jewelry, food and nutrition, art, crops, vegetables, and many other projects all fit into the static category.

Ellen Geist-

Fiber Arts Macrame; Cowboy Hat Holder-Blue
Food-Nutrition; Non-perishable food product 9-11; Clover Rolls- Blue
Photography; Color Photos 4-7 Years in Project-Blue
Visual Arts; General crafts- Revers Tie Dye Shirt-Purple
Wood Work; Jesus's Tomb Easter Decoration-Red

Andrew Streit

Photography; Color Photos- 8 years or more- Blue
Photography; Black and White Photos 8 years in project- Blue
Visual Arts; Leather and Jewelry- Blue

Grace Streit

Photography; Black and white photos 3 years or less- Blue
Visual arts; Fine Arts; Layered Scrapbook Paper Cat and Deer- Blue

Michael Streit

Photography; Color Photos 4-7 years in project-Purple

Ethan Strong

Photography; Color photos 4-7 years in project-Blue

Amber Young

Fiber Arts, Needle Arts; Counted Cross-stitch picture
"Together anything is possible"- Red

Ruby Young

Fiber arts; Needle Arts; Embroidery- "Home Sweet Home"- Blue
Visual arts; Clay and Ceramics- Ceramic Angel
"Good Will Toward Men"- Blue

Amri Eischen

Photography; Color photos 4-7 years- Blue

Casey Ling,
4-H Youth Development Agent
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FALL FUN FOR FAMILIES

As the days grow shorter and the trees begin to turn colors, there is a wealth of fantastic opportunities to enjoy this autumn with your children. Here are some fun activities to do outside with your family this fall.

- Visit an apple orchard. Visit your community for a guide to finding an orchard near you. Pick apples, try cider and a doughnut, and let your children learn more about where their food comes from!
- Make applesauce, apple butter or a pie. After the visit to the apple orchard, return home with a plan to make something with all of those locally grown, tasty and delicious apples! It's an amazing experience for children to follow through the steps of making their own food
- Take a color tour. As early as mid-September, Kansas trees put on a beautiful fall display. Follow updates on the changing colors and find ideas for beautiful, scenic drives.
- Find your way through a corn maze. Farmers create corn mazes by cutting paths through their cornfields. Some mazes are very large, topping out near ten acres, others might offer smaller mazes for children, lit evening mazes, or even haunted mazes! Many mazes are combined with pumpkin patches or apple orchards, making for a great weekend outing!
- Find a festival. All throughout Kansas, people are busy celebrating fall! Apple, pumpkin and harvest festivals can be found all across the state. Festivals often offer a sampling of local foods, amusement park rides, craft shows or other fun activities.
- Pick a pumpkin. Of course, no fall is complete without a trip to the pumpkin patch! Find a local pumpkin patch and hop on a wagon out to the fields. Help your children find just the right pumpkin for carving.
- Rake leaves and jump in them. As long as you have to rake up all those leaves, take some extra time for your child to jump in them!
- Trick or treat your town. Many cities and towns offer a special night of trick or treating. Usually occurring earlier in the day, these events can be a lot of fun.
- Get outside. Before the weather turns and the frigid zone, take time to get outside and enjoy the beautiful autumn days! Many state parks offer special fall activities including harvest and fall festivals. Go on a fall scavenger hunt, take a photo walk, make bird feeders or have a family bon-fire... just take time to enjoy the colorful trees and sunny fall weather! Before you know it, winter will arrive!

<https://kcparent.com/fall-in-kc>



HAND WASHING DAY!

Global Hand Washing Day is October 15th a day dedicated to increasing awareness and understanding about the importance of hand washing with soap as an effective and affordable way to prevent diseases and save lives. The simple act of proper hand washing is our #1 defense against foodborne illnesses. It keeps yourself and those around you healthy and prevents contamination. Do you need a refresher on the how-to's of hand washing? According to Food Safety Focus, <https://foodsafetyfocus.com/>, the steps and the “why” behind it include:

1. Wet your hands and arms with running water. Why? Placing your hands in contaminated standing water could re-contaminate your hands.
2. Apply enough soap to build a lather. Why? A good lather helps spread the soap while creating friction which loosens dirt and grease.
3. Vigorously scrub your hands and arms for at least 20 seconds (time yourself). Give attention to your fingertips, under nails and between fingers. Why? Studies show that washing 15-30 seconds removes more germs than washing for a shorter period of time.
4. Rinse hands and arms under running water. Why? The dirt, grease, microbes loosed from scrubbing should be washed off the hands.
5. Dry hands and arms with a single-use paper towel or hand dryer. Use the paper towel to turn off the faucet and open the door. Why? Germs transfer more easily onto wet hands. Touching contaminated surfaces after washing your hands could re-contaminate them.

What if you don't have access to a hand washing station? Bring wet wash cloths in baggies, or use wet wipes. Hand sanitizers alone are not a reliable option unless your hands are clean to start with. They are great to use in a pinch, but it's best to wash your hands first and then use a hand sanitizer.

More food safety tips are available online from the Rapid Response Center for Food Science at <https://www.rrc.k-state.edu/>



FAMILY MEALS TIMES

Three ingredients of family meals fun, food, and conversations. This leads to a warm and positive meal environment which has scientifically proven benefits. Family mealtimes may be supper, lunch or breakfast. It is what works for your family.

Make it family time with everyone helping with food preparation and clean up.

To get the benefits of family mealtime plan on four to five times a week and with home cooked meals. Eating food prepared at home gives the best nutrition advantages. Benefits include:

1. Increased fruit and vegetable intake,
2. They eat fewer fried foods,
3. Drink less soda,
4. Better intake of protein, calcium, and some vitamins,
5. Lower risk of obesity,
6. Eating disorders,
7. An increased chance of graduating from high school.

Make one day a week special by:

1. Having the meal some place instead of the dining room--beach towel on the floor in the basement.
2. Try muffin tin meals with different foods in the cups.
3. Have everyone write down their favorite food from each food group and plan the meal.
4. Alphabet night--burritos, beans, blueberry smoothie
5. Take a meal to grandparents and eat with them.
6. Invite a neighbor to eat with you.
7. Family Specialty day: soup, omelet, breakfast for supper, sandwich, etc.



FALL LAWN RENOVATION

If you are planning on renovating your lawn this fall, there is little room for delays. Getting a good weed kill and doing quality soil preparation take time. Plus, given the vagaries of our weather, Oct. 15 typically is the latest date to plant tall fescue safely. Kentucky bluegrass needs more time to germinate, so should be in by Oct. 1.

If you've got perennial grass weeds - most noticeably volunteer bermudagrass or nutsedge - I'd suggest waiting to start the process until next July. For broadleaf weeds and annual grasses, a single application of a broad-spectrum herbicide such as glyphosate (Roundup) is safe to use up to a week before replanting. It will be more effective if the weeds are actively growing. With our dry conditions, it would be helpful to water the area you plan to treat with the weed killer a day or two before the application. If weed pressure is high, you may need two applications of glyphosate, three weeks apart.

Tilling in the dead vegetation, as well as, an additional dose of weed-free organic matter (peat moss, compost, or dehydrated manure) will improve the soil's texture and its water and air holding ability. Don't over till. If the soil resembles pulverized powder (like flour) then you have over tilled and destroyed the structure of the soil particles.

If you already have good soil, you can simply set your mower as low as it goes and remove as much of the dead plant material as possible. After that, you should core aerate or verticut the soil and then broadcast the turf seed. Or, you can use a slit seeder, which combines verticutting and seeding into one operation.



Community Development DEVELOPING, FUNDING AND CREATING TRAILS IN KANSAS

K-State Research and Extension is partnering with the Sunflower Foundation and the Kansas Trails Council to bring you a series of webinars. These events are for local trail advocates of any kind - from city managers to volunteers - who want to create access to trails so their citizens can enjoy the physical, mental, and community benefits from connecting with nature.

The webinars will take place on the 2nd Tuesday of every month from 12-1 pm CT:

October 10, 2023: Where do we start?

November 14, 2023 Let's get started!

December 12, 2023 What will this cost?

January 9, 2024 Where will we find the money?

February 13, 2024 How do we make the trail sustainable?

March 12, 2024 Rail trail issues

We hope you will join us! Register now at <https://ksre-learn.com/trail-talk>



Grant Writing Basics

Online Workshop

Grants are a vital piece in your community's funding... and you can do it.

Join Us November 7 & 9, 2023

1:30 - 4:30pm

Cost: \$60

Register Today

<https://ksre-learn.com/grant-writing-basics>

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Upcoming Events



October:

Oct 1: 4-H New Year

Oct 1-7: 4-H Week

Oct 7-8: 48 Hours of 4-H

Oct 17: Stay Strong Stay Healthy

Oct 18: ServSafe

Oct 28: Jack-O-Lantern Jamboree

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.

Connect with us!



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