



Illinois Extension

The College of Agricultural, Consumer and Environmental Sciences

AUGUST 2023

Connections Newsletter

Henry/Stark Counties

358 Front St. Galva, IL
(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
309-513-3100
Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri. 8am - 4 pm

Visit our website: extension.illinois.edu/hmrs

Let's Create Joyous Family Moments!

As summer begins to wind down, let's seize the opportunity to create lasting memories and cherish joyous family moments together. Take a break from the busy summer schedule and plan a delightful "family night in." It's the perfect chance to enjoy each other's company in the comfort of your home, savoring the simple pleasures that bring the most joy and relaxation.

We've gathered some inspiring ideas to help you make the most of these precious last weeks and create cherished traditions that your family will remember for years to come.

- Have a water balloon catching contest and see how many times you can toss and catch it before it breaks.
- Embrace the playful side of summer by wading in a mud puddle together. Feel the mud between your toes and compare footprints.
- Treat yourselves to the sweet delight of homemade ice cream.
- Create lasting memories by setting up a tent and camping out in your backyard.
- Enjoy an art session on the sidewalk with plain water and paintbrushes, watching as the designs disappear with evaporation.
- Utilize a chain link or picket fence to create unique family artwork by weaving colored paper through the spaces or stuffing tissue paper in the holes to make designs.
- Stay active together by going for a walk, bike ride, or playing active games.
- If you're near the beach or have sand available, build a sandcastle as a family.



The key is to keep it simple and relaxed. Let go of excessive planning and preparation, and allow everyone in the family to savor the special time spent together. Perhaps wading in puddles will become an annual family tradition, cherished for years to come.

Embrace the spirit of summer, create cherished memories, and cherish the time spent together as a family.

Article adapted from *Family Files* blog by Debbie McClellan, Retired Extension Educator.

Vaping & Tobacco Use: A Growing Concern Among Youth

Kristin Bogdonas, Illinois Extension nutrition and wellness educator

Vaping has become increasingly popular among adolescents and teenagers, with data from the Centers for Disease Control and Prevention (CDC) indicating a sharp surge in e-cigarette use among young individuals.



On a recent episode of my Wellness Wakeup podcast for WVIK, I spoke with Krishna Marme, the Community Tobacco Consultant for the Scott County Health Department, who sheds light on this issue.

Widespread Issue Among Students Vaping, initially marketed as a smoking cessation aid, has unfortunately led to a new generation of nicotine addicts, especially among school students. Appealing flavors, such as fruit, candy, and dessert, have attracted young people to try vaping.

Busting Myths Surrounding Vaping Contrary to initial claims, vaping is not harmless. The exhaled vapor contains cancer-causing particles that can harm both users and bystanders. Additionally, vaping is indeed addictive, as the nicotine in vaping products quickly activates brain areas responsible for pleasure, leading to a cycle of repetitive use.

Educating Our Youth and Supporting Parents Raising awareness about the harmful consequences of vaping is crucial, and parents can play a vital role by discussing the dangers with their children and offering support if they struggle with addiction.

Quitting Resources and Collective Action Various resources, like "My Life My Quit" and "Quitline," are available to help individuals quit vaping and tobacco use. Addressing this issue requires collective action from our community.

Promoting a Healthier Community Vaping is far from harmless and poses severe health consequences for users and bystanders alike. By spreading awareness and offering support, we can protect our youth and create a smoke-free environment for everyone.

For more information about tobacco counseling services, visit WVIK.org/wellness.

Together, let's stand for a healthier community and safeguard our youth's well-being.

NATIONAL FARMERS MARKET WEEK 2023

August 6-12, 2023



Celebrate Farmers Market Week & Get Your Dial Gauge Pressure Canning Lid Tested Sat, August 5 at the QC Farmers Market, Rock Island, IL

Join Illinois Extension will be at the market (located at Schweibert Park) from 8 to 10 a.m. with our canner gauge tester. Bring your pressure lid for on-site testing to ensure your home canning is safe. Pick up great information about food waste reduction and proper food storage techniques to help you make the most of your market finds. Stop by to taste food samples and get inspired in the kitchen!

For market details visit www.qcfarmersmarket.online

Lime-mint cucumber pickles

Try this award-winning recipe for an easy, and tasty way to preserve your cucumbers:



Ingredients

8 cups pickling cucumbers, thinly sliced (@ 2 ½ lbs.)
3 tbs. canning and pickling salt

Pickling solution:

1 small sweet red pepper, seeded, cored & chopped
¼ cup mint leaves, minced
½ cup onion, peeled and sliced (1 medium onion)
2 garlic cloves, peeled and minced
Grated zest of 1 lime
1 ½ cups sugar
1 ½ cups distilled white vinegar (5% acetic acid)

Directions:

1. Gently wash cucumbers. Trim ¼ inch from the blossom end and discard. Thinly slice cucumbers and measure out 8 cups. In a large bowl, toss the cucumbers with the salt. Let the cucumbers stand 2 hours, and then drain.
2. In another bowl, stir together the remaining ingredients. Pour the mixture over the drained cucumbers, and stir well. Refrigerate the mixture for 8 to 10 hours.
3. Pack the cucumbers and pickling solution in freezer bags or rigid containers, leaving 1-inch headspace. Label and date packages, and freeze at 0° F or colder for up to 6 months.

Recipe source: [Homemade Pickles and Relishes](#). University of Wisconsin-Extension Cooperative Extension

Educational Events and Webinars



Aug 9 @ 12 PM | Voice Care: Prevent Damage and Improve Longevity

Voice disorders, which can lead to severe hoarseness or even complete loss of voice, occur in 30% of U.S. adults – with some professions two to three times more likely to experience a voice disorder. Learn how to care for the most unique and versatile instrument: the vocal cords. We will demystify the voice, discuss steps to reduce the risk of a voice disorder, and learn simple exercises to keep a voice healthy and strong.

Register at go.illinois.edu/SelfCareSeries

August 16 @ 12 PM | Sodium: The Basics of Dietary Education

Sodium is an important mineral that helps our bodies function smoothly – yet too much sodium can lead to high blood pressure and increase the risk of heart disease and stroke. Today most sodium in U.S. diets comes from salt in ultra-processed foods. Take steps toward better health by learning how much sodium our body needs, its role in our bodies, and how to better manage sodium intake by identifying common food sources.

Register at go.illinois.edu/SelfCareSeries



Aug 22 @ 1:30 PM | Before the Build: Considerations for Backyard Greenhouses | Four Seasons Gardening Webinar

Have you ever thought of going outside to your backyard greenhouse during the cold weather months to pick fresh lettuce or plant some basil? Explore a variety of budget-friendly backyard greenhouses, what can be grown in them, and how to extend a growing season.

Register at go.illinois.edu/FourSeasonsAugust



Aug 10 @ 12 PM | A storm is always ready, are you?

Get a head start on National Preparedness Month (held each September) by participating in August's NREE Everyday Environment Webinar hosted by Safe Electricity. Learn practical storm safety tips including:

- How to stay safe before, during and after all storm types.
- Generator safety tips.
- How to avoid deadly carbon monoxide (CO) poisoning.
- How to test and change smoke alarms and CO detectors.
- Where to properly place the alarms and detectors.
- A checklist to prepare for storms
- Other ways to help you and your family prepare
- Hidden dangers to look for after a storm.

Register at go.illinois.edu/everydayenvironmentAug

BE READY QC EMERGENCY RESOURCE FAIR

Saturday, September 9 | 10 AM - 4 PM
Waterfront Convention Center

Be Ready QC Emergency Resource Fair on September 9 is an event focused on educating the public on emergency and disaster preparedness, which includes information booths, hands-on training, activities, featured speakers, and more!

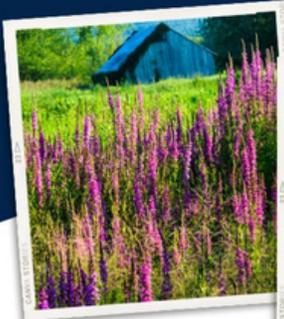
Featuring:

- Speakers on Active Shootings: 1 - 3 PM
- American Red Cross Pillowcase Project: 11 AM & 1 PM
- Stop The Bleed training every 30 minutes
- Hands-Only CPR training
- Giveaways and door prizes
- Educational booths from FEMA, American Red Cross, National Weather Service, Alert Iowa, QC Ready, Quad Cities HEARTSafe Coalition, Impact Life, Disaster Ready Quad Cities, University of Illinois Extension, and more.

Learn more about this important Free Event:

www.facebook.com/BeReadyQC

BICAN PRESENTS Invasive Species Workshop



August 10, 2023
9:00 a.m. to 3:00 p.m.
Kreiter Farm:
12010 70th Ave. Blue Grass, Iowa

REGISTER NOW

Admission
\$10.00
includes lunch, educational
sessions, and SWAG

Bi-CAN Invasive Species Workshop Thurs. Aug 10, 9 am - 3 pm | Blue Grass, IA

Join us for a comprehensive workshop on invasive species and ecosystem restoration in woodland, wetland, and prairie habitats. Our expert speakers will cover various topics, including identification, control methods, and native alternatives.

Schedule:

Species of Concern and the Home Landscape: Explore plant species that raise conservation concerns but are still available for purchase in nurseries. Illinois Extension Horticulture Educator Emily Swihart will offer suggestions for alternative plant species that are safer for local ecosystems.

Plant ID Hike: Learn to identify native and non-native plants and discover native alternatives to non-native species. Discuss overall strategies for Midwest ecosystem restoration.

Tips, Tricks, and Tools for Managing Invasives: Discover how to properly calibrate your sprayer to ensure you follow labeled rates while applying herbicides. Get hands-on experience with a variety of tools used for combating invasive species and learn about the best methods, products, and timing for specific species.

Restoration on Private Lands: Focus on contacting qualified foresters, developing forest management plans, applying for conservation programs, and implementing plans to receive cost assistance for restoration efforts.

Woodland Management: Explore a range of woodland management practices to promote recreation, water quality, wildlife habitat, wood products, and other uses in your woodland.

The cost is \$10. includes lunch, educational sessions, and SWAG.
Register online at go.illinois.edu/BiCanInvasives



Farm in the Park Tues, Aug 8, 11 am - 1 pm Veteran's Park, Galva, IL

- Free Petting Zoo
- Kids Crafts & Activity Stations
- Interactive Games & Prizes
- Explore Health, Horticulture, Agriculture



Join us for a fun, free family event to learn about the important role agriculture plays in our everyday lives. A petting zoo will be on hand with a variety of farm animals. There will also be make and take crafts and “farmer for a day” stations where kids can simulate picking apples, gathering eggs, and milking a cow. Prizes will be given to kids who fill out their activity passport card.

Promoting Nutrition, Wellness, and Gardening

Visit interactive stations to play games and learn healthy ways to eat and move. Get recipes and taste samples from Illinois Extension’s Eat Move Save nutrition program. Pick up a 2023 Illinois Extension Recipe Calendar, and a reusable grocery tote, while supplies last.

Master Gardeners will be on hand to answer your gardening questions. Explore Vermicomposting, ways to reduce food waste, nutrient loss reduction, and water quality issues with Extension educators.

Come for lunch! Buy a hot dog meal deal for \$5 which includes chips, applesauce, cookie and drink, with proceeds to benefit Henry County 4-H.

We look forward to seeing you there!