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## **Mistakes**

“If you are not good at something, it means you haven’t made enough mistakes.” This quote is from Chef Jason Champagne, owner Native Chef LLC, as he talked about cooking skills. However, this statement can be applied to everything in life.

I think back to learning how to tie my shoes. I struggled. I made mistakes. I had floppy laces on many days. But with practice (and correcting my mistakes), I can tie my shoes in the dark!

Consider what isn’t working in your life. Extension education programs and resources may be just what you need. Do you have a lawn or garden issue? Our resources for water, soil, or horticulture will be helpful. Do you struggle with meal planning or managing your diabetes? Family and Consumer Science resources will give you new ideas and strategies. If our local staff doesn’t know the answer, we have a network of state and national colleagues with research-based resources.

Some mistakes are costly. If you spend money, time and effort to plant grass but you haven’t selected the correct variety or prepared the soil appropriately, you won’t be successful. Engaging with an Extension Master Gardener would help you learn about the importance and how to take a soil sample.

Some mistakes have negative outcomes that aren’t immediate. If you sign up for an extra credit card to get the immediate 15% discount, you may have more charges in interest if you don’t pay off the bill immediately.

Some mistakes impact others. I always incorporate food safety steps of cleaning, separating, cooking and chilling in all of my food programs. Illness from improper food handling (from either preserving, cooking, or storing) is not what anyone wants to read about, let alone experience.

Some mistakes impact your health. For someone with diabetes, their food choices impact their blood sugar levels. If you are interested in eating healthier or need new ideas for managing diabetes (or pre-diabetes), we have programs for you.

An in-person Dining with Diabetes class will be held on Tuesdays in Arkansas City from 4:45-6:45 p.m. at the Burford Theatre, 118 S Summit. The class fee includes 4 sessions for \$25 beginning on November 2. The class is designed especially for people with type 2 diabetes and helps individuals (and their caregivers) learn skills needed to promote good health.

K-State Research and Extension is also launching a free Dining With Diabetes email challenge in November. Participants will receive bi-weekly emails for 4 weeks with basic diabetes information and recipes. The weekly messages walk participants through setting goals, tracking progress, reflecting on what they’ve learned and more. Participants will also be invited to join a private Facebook group.

To register for either of these programs (or be added to the waiting list for a future Dining with Diabetes class in Winfield), contact K-State Research and Extension Cowley County at 620-221-5450 or 620-441-4565 or online at <https://forms.gle/MWFBjVqSTMYtypBa9>. Registration is requested by October 27.

## Upcoming K-State Research and Extension Events

**Dining with Diabetes: In person class**, Tuesdays, November 2, 9, 16, & 30; 4:45-6:45 p.m. Arkansas City, \$25, scholarships available; call 221-5450 or 441-4565 to sign-up or online at <https://forms.gle/MWFBjVqSTMYtypBa9>. Limited space available.

**Dining with Diabetes Email Challenge** - FREE, 4 weeks of bi-weekly emails to encourage and educate. Starts November 1. Register by October 27. <https://forms.gle/MWFBjVqSTMYtypBa9>.

**Extension Council Election, November 20**, stop by anytime 4:30-6:30 p.m. Baden Square, 700 Gary Street, Winfield (residents of Cowley County 18 and older are eligible to vote)

**Fall for Extension - Dinner, Live & Silent Auction, Raffle Drawing** - November 20, 6 p.m. Baden Square, 700 Gary Street, Winfield, call to reserve seat(\$30) or table for 8 (\$220), 620-221-5450.

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K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.