

Let's not do this again

Editor's note: Becky Reid, K-State Research and Extension Family and Consumer Sciences Extension Agent, shared recent correspondence exchanged with Santa.

Dear Santa,

For 2020 Christmas, I request the gift of a healthier world. Covid-19 has physically, emotionally and mentally challenged all of us.

I am encouraged by the human spirit. A great example is my daughter stating "I'm not doing that again!" as she returned from attempting a craft project. It was an epic fail but she learned from her experience.

Life during a pandemic has required us to try new things and learn from our failures. We have had to unite and organize as a community. I'm proud of K-State Research and Extension's role to share research-based education, information, guidance and facilitation.

Thank you for your north pole workforce, the reindeer and the joy you deliver during the holidays.

Sincerely,
Becky Reid

Dear Becky,

Like many throughout the world, you did not request toys and trinkets, but instead wanted a healthier world. However, good health has to start with individual behaviors.

Here at the North Pole, we wash hands with soap and water while singing "We Wish You a Merry Christmas" or naming all my reindeer two times. My elves are watching and report those that frequently touch their hair, nose and face to the "naughty" list.

Our North Pole Wellness Committee is promoting active living. We enjoy holiday cookies, but we don't overindulge. We also help our community learn ways to "move their way" so they can achieve or maintain a healthy weight. Each individual has to commit and take responsibility for their own health. We also encourage them to consider how their choices might impact others.

Even though friends and families must modify how they interact, it is important to create new memories. Sometimes, the outcome will be "I'm not doing that again," but it will make a great story. These memories are gifts that last a lifetime.

Stay jolly,
Santa Claus

K-State Research and Extension Cowley County Events

December 24-January 1 - Extension Office Closed

February 1 - Dining with Diabetes Online

February 4 - Mental Health First Aid

-30 -

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.