

Jennifer LaSalle

Family and Community Wellness Agent/

4-H Youth Development Agent

8/1/2018

I would like to take time to say Hello! My name is Jennifer LaSalle and I am the new Family and Community Wellness Agent. I received my Bachelor's Degree in Vocational Home Economics Education from K-State University and a Master's Degree in Education from Newman University. I taught

school for many years and decided it was time to make a career change. I am excited to serve the community I grew up in and excited to be part of the Finney County Extension Family. Please feel free to contact me with any questions you may have regarding Family and Wellness issues.



“No act of kindness, no matter how small, is ever wasted.”

Aesop

**Ask the
Agent**

If you have any questions, concerns, or topics that you would like me to address please feel free to contact me via e-mail at jlasalle@kus.edu or call the Finney County Extension Office at (620)272-3670

September 13: Knowledge at Noon

12:05 p.m.-12:55 p.m.

Finney County Extension Office

Scams Against the Elderly, How to Protect Ourselves

Carol Ann Crouch

**Upcoming
Events**

Back to School Tips

August is here and that means Back to School. The transition from summer to school can be a stressful time for both parent and child. It doesn't matter what age there always seems to be some anxiety with going back school. Following is some tips to help with the transition.

1. Familiarize yourself with the school
 - Attend school open house
 - Meet the teachers
 - Tour the school
 - Understand school policies
2. Ease into the routine
 - Start early bedtimes at least a week in advance
 - Start early wake-up times at least a week in advance.
3. Tool Up
 - Obtain the proper school supplies
4. Set goals
 - Academic
 - Extra-curricular
 - Study Habits
5. Plan healthy School Lunches
 - Keep them cold and safe
 - Fuel up with vegetables and fruit
 - Pack calcium and protein rich foods



August 25-31

Be Kind to Humankind Week

Recipe Corner

Zucchini, Zucchini, Zucchini

Do you have an overabundance of Zucchini? If so, here is a delicious zucchini brownie recipe.

½ cup vegetable oil	½ cup unsweetened cocoa powder
1 1/2 cups white sugar	1 1/2 tsps. baking soda
2 tsp. vanilla extract	1 tsp. salt
2 cups all-purpose flour	2 cups shredded zucchini

FROSTING

6 tbsp. unsweetened cocoa powder	
¼ cup margarine	
2 cups powder sugar	
¼ cup milk	½ tsp. vanilla

Preheat oven to 350 degrees, grease and flour a 9x13 baking pan.

In a large bowl, mix together the oil, sugar and 2 tsps. vanilla until well blended. Combine the flour, ½ cup cocoa, baking soda and salt; stir into the sugar mixture. Fold in the zucchini. Spread evenly into the prepared pan. Bake for 25 to 30 minutes in the preheated oven, until brownies spring back when gently touched. Make frosting while brownies cool. Melt together the 6 tbsp. of cocoa and margarine; set aside to cool. Meanwhile, blend together the powder sugar, milk and ½ tsp vanilla. Stir in the cocoa mixture. Spread over cooled brownies before cutting into squares.

