Fireworks, picnics, hot weather and of course the Wyandotte County Fair. July is when our youth display their current 4-H projects. These youth plan, practice, and present a finished product during our fair to showcase the “learn by doing” motto. The exhibit is not the end, nor does it show all the learning that has taken place so far. Learning does not stop at the fair, it is just one of the many check points along the way. See you at the fair!
Can filling buildings in rural Kansas help us to combat urban blight?

If you take a drive around Wyandotte County, it is easy to spot empty buildings and vacant properties. Why do owners neglect them and keep them empty? If these eyesores remain untouched, hopelessness sets in. Deb Brown from the Webster City Chamber of Commerce says, “instead of hiding the buildings, let’s look at them. Let’s talk about them. Let’s do a tour of them.”

In Webster City, they gathered community members, realtors, former business owners and other citizens to tour twelve spaces. They discussed the history, shared ideas and found common ground. As a result, ten of the twelve buildings on this tour were filled with new businesses and community activities. Deb says, “any town can do this because the magic is in the conversations you create, not in the buildings themselves.

Click here for the full video
Healthy Body, Healthy Brain

Recently I had the opportunity to co-author a fact sheet (along with Sharolyn Flaming Jackson, Extension Specialist) on Healthy Body, Healthy Brain. To learn more about the brain and body connection, tips on improving your gut health, the MIND eating plan and more click [HERE](#).

We were also interviewed about this topic by Jeff Wichman, with KSU's Sound Living. It should be posted soon but, in the meantime, you can check out the [WEBPAGE](#) for other health related topics such as cutting grocery costs, food preservation, managing stress and more.

For more information contact Lori Wuellner, lwuellne@ksu.edu, 913-299-9300

Three Plus One

3 Common things we forget when cooking plus one for the extra hot weather

1. **Recent research from the USDA** shows 97 percent of people fail to properly wash their hands when preparing a meal. This means with soap and water! Before cooking and after handling raw ingredients (such as meat, poultry, eggs and flour), wash your hands with soap and water for 20 seconds.
2. **Rinsing raw poultry** (or any raw meat) is not a safety step! Rinsing your chicken or turkey can spread harmful bacteria around your sink, countertops and onto your hands.
3. **Always use a food thermometer** to ensure meat, poultry and other foods have reached a safe internal temperature. Print this [temperature chart](#) to keep handy in your kitchen.

- **Plus one**
  - The "2-hour rule" states that perishables left at room temperature for more than two hours should be discarded. If the food is being kept in an area that is 90 degrees Fahrenheit (32.2 degrees Celsius) or above, leftovers should be refrigerated to 40 degrees Fahrenheit (4.4 degrees Celsius) or below within one hour.
  - For more information check out [https://www.fightbac.org/](https://www.fightbac.org/)
Cut the Clutter

The feeling of being overwhelmed by clutter is an all too common. Knowing how to start decluttering your home is often one of those tasks that leave most of us feeling overwhelmed. This can lead to feelings of frustration and stress, which in turn leads to the maybe this can wait until next year?

Before you get started, ask yourself these three important questions:
1. Do I use this item?
2. If yes, when was the last time I used this item?
3. If no, what reasons do I have for keeping it?

Sources of Clutter: Mail, junk mail, bills, and important unfiled papers, books, catalogs, and magazines, toys and games, hobby materials, tools and hardware, outerwear: Hats, mittens, boots, shoes, bags, & backpacks, laundry and cleaning supplies, out-of-date prescriptions and cosmetics.

Getting started, in each room, start at one spot and work clockwise around the room until you return to your starting point. Use the box method to sort the clutter. Sort items into boxes labeled Keep: The keep box is used to return items to their proper places, sort like items together and store these items for use at another time. Give Away/Sell: These boxes are for the items you choose to donate to a secondhand store, garage sale, or charity and should be in good condition. Throw Away: Please throw away anything that is broken, ripped, worn, or stained.

Decluttering your home can be a daunting task, but it doesn't have to be. The right strategy will help you know where to start decluttering even when you feel overwhelmed, tackling small sections at a time rather than as the entire house project is best!

For more information please contact Chiquita Miller chmiller@ksu.edu and read more about decluttering click HERE
**JUNE EXTENSION DEPARTMENT UPDATES**

**LYNN LOUGHARY**  
HORTICULTURE - LAWN AND GARDEN

Check out this Upcoming Class!

**The Colorful Shade Garden**  
Presented by Lenora Larson, Marais des Cygnes Extension Master Gardeners  
- Learn how to embrace shade-loving flowers to create a beautiful yard!  
- June 7 @ 11:30am  
- Register online [here](#)

Do you have lawn and garden questions?  
Please contact Lynn Loughary, KSRE Horticulture Agent, at 299-9300, ext 104 or by email lloughar@ksu.edu.

**JESSIE CARR**  
4-H YOUTH DEVELOPMENT

**Beat the Heat with Cool Summer Treats!**

One way for youth and families to beat the summer heat, and let's face it the "I'm bored" phase of summer is to spend time together in the kitchen.

With National 4-H's "**Cooking at Home with 4-H**" you can learn to make simple, fun, and healthy recipes. Cooking at Home includes videos to follow along with or you can even download a **FREE Fresh Chefs 4-H cookbook**!

My favorite recipe is: **Ice Cream in a Bag**. It's an easy way to create a tasty treat to keep you cool in the summer!

To learn more about positive youth development in WyCo contact Jessie Carr, 4-H Youth Development agent, carrjessie@ksu.edu.
Upcoming Class

Dining with Diabetes Summer Online Course

Registration: June 13 - July 13, 2022
Class Begins: July 18
Limited to 20 participants
Course Fee: $25

For details contact,
Lori Wuellner,
Family and Consumer Sciences Agent
913-299-9300 ext. 107 or lwuellne@ksu.edu

This self-paced online course series helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading.

Classes in the series are pre-recorded, released weekly and taught by certified instructors in an online format to allow participants to complete courses when it’s best for their schedules.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Lori Wuellner, 913-299-9300 ext. 107.
“How to Shop at Your Local Farmers’ Market?”

Presenter: Lori Wuellner
Wyandotte County K-State Research and Extension Agent

Date: Tuesday, July 19, 2022
Time: 6:00 pm – 7:00 pm

It is a virtual program (ZOOM). Please email Anna at awong@bonnerlibrary.org for the ZOOM link
Want to learn how through outreach, you can impact and reconnect with our community?

You Are Invited!

The Family and Consumer Sciences Program Development Committee's

4th Annual Summer Session

Monday, July 25
Noon, via Zoom

Be inspired at this virtual presentation in partnership with K-State Research & Extension; Providence Medical Center; and After The Harvest. Providence and After The Harvest will share their stories of connection and impact.

Lisa Ousley, Executive Director, After the Harvest

Seabrin Jensen MSN, RN, C-ONQS, Director of Women’s Services, Providence Medical Center

FOR MORE INFORMATION: 913-299-9300; lwuellne@ksu.edu

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