

# THE EXTENSION CONNECTION



**K-STATE**  
Research and Extension

Wyandotte County

ISSUE 18 • FEBRUARY 2022



WYANDOTTE COUNTY  
K-STATE RESEARCH  
AND EXTENSION  
NEWSLETTER

## DIRECTOR'S NOTE

LORI WUELLNER,  
INTERIM COUNTY EXTENSION DIRECTOR

Welcome 2022! Every entrance into a new year, every shift to a new season brings change. And as a dedicated team it is our mission, through the change, to remain a reputable and consistent source of information. As we move into a new year we will continue to help you solve problems, make sound decisions and improve quality of life.

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# FEBRUARY EXTENSION DEPARTMENT UPDATES

JESSIE CARR,  
4-H YOUTH DEVELOPMENT AGENT

**Help Youth Build Healthy Relationships:** Individuals, couples, and even families often celebrate their loved ones on Valentine's Day through gifts, acts of service, and affirming words. As Valentine's Day approaches us this year, helping youth understand and build health relationships is a great way to show a little extra love this year! Teaching young people about healthy relationships helps create a foundation for future relationships and decreases chances of dating violence.

A few examples of healthy relationship characteristics include:

- Mutual Respect: Value and understand one another's boundaries.
- Trust/Honesty: Be honest with one another to build trust.
- Good Communication: Speak openly and honestly to avoid miscommunication.
- Listening Skills: Listen with intent to understand.
- Individuality: Individuals should not comprise or base their own identity on their partners.

Healthy relationships skills can be taught and practiced even as an adolescent. [Adapted from CDC's Dating Matters - Strategies to Promote Healthy Teen Relationships](#)

For more information contact Jessie Carr, 4-H Youth Development Agent, 913-299-9300 ext. 105 or [carrjessie@ksu.edu](mailto:carrjessie@ksu.edu)



## We're Hiring! 4-H Program Assistant

- Full-time
- Benefits
- Pay commensurates with experience

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# FEBRUARY EXTENSION DEPARTMENT UPDATES

DR. CHIQUITA MILLER,  
FAMILY AND CONSUMER SCIENCES AGENT

**Trauma Agency Training** – Wyandotte County K-State Research and Extension is working in partnership with Alive and Thrive WyCo. offering this Agency Trauma Training for individuals working in Wyandotte County. The training will support trauma informed services, building a safe, healthy and resilient Wyandotte County. CEUs are available for attendees. If this training is changed to an in-person event, registrants will receive a notification via email.

Topics include:

- Cultural awareness / sensitivity in relationship to trauma
- Adverse Childhood Experiences (ACEs) and trauma
- The direct effects of ACEs in our community
- What resilience looks like and how first responders and community partners can help

Please Join us February 4, 11, and 18. Trainings are also planned in April, September, or October. There is a cost of \$120 for each participant. Learn more and register [here!](#)

Contact: Dr. Chiquita Miller, Family and Consumer Sciences agent, 913-299-9300 ext. 106, [chmillereksu.edu](mailto:chmillereksu.edu)

LORI WUELLNER,  
FAMILY AND CONSUMER SCIENCES AGENT

If you're in the habit of making New Year's resolutions chances are health was a part of that. While I'm not a fan of resolutions I do find merit in setting goals. Most of us could benefit from improving our health habits. The October Tufts Nutrition Newsletter identified 10 areas to consider:

- Replace most refined grains with whole grains.
- Try nuts instead of refined carbs like croutons.
- Choose plant proteins often.
- Cook at home more often.
- Make fruit the star instead of a garnish.
- Choose crunchy produce instead of chips.
- Find movement you enjoy.
- Use smaller plates, etc..to control portions.
- Consider if you are truly hungry when you have the urge to eat.
- Find ways to add more movement to everyday activities.

For more ideas on nutrition "swaps" check out this site, or go to our local site. For more information contact Lori Wuellner, [lwuellne@ksu.edu](mailto:lwuellne@ksu.edu), 913-299-9300.



## Trauma Agency Training



# FEBRUARY EXTENSION DEPARTMENT UPDATES

LYNN LOUGHARY,  
HORTICULTURE - LAWN AND GARDEN

Be sure to save the date for these upcoming events!

- **Feb. 2:** K-State Garden Hour: Starting Seeds Indoors, 12-1 p.m. [Register online here.](#)
  - Discover the fun of starting your gardening season off early by growing your own bedding plants indoors. Learn the steps to growing healthy plants you can transplant into the garden this spring. Gregg Eyestone, Riley County Horticulture Extension Agent, will explain how to save money growing those hard to find plants you want in your garden this year!
- **Feb. 3-** All About Aquaponics Presented by Elisabeth Kasckow, 11:30 a.m. - 1 p.m. [Register online here.](#)
  - Growing food without soil: aquaculture, aquaponics, or hydroponics which works best for your yard? Ted and Elisabeth Kasckow will go over the basics of aquaculture, growing fish, aquaponics, growing fish and plants together in an integrated system and hydroponics, growing plants in water.

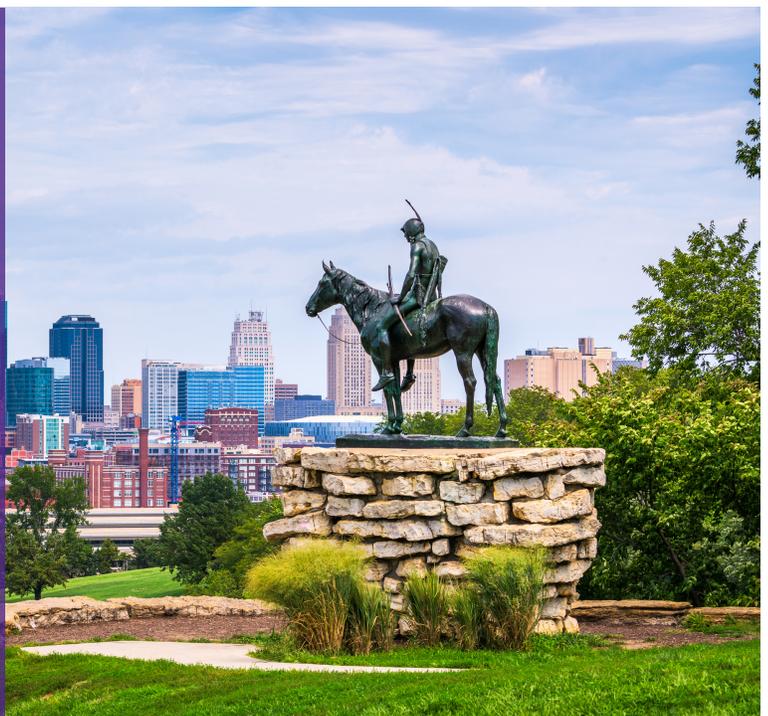


If you have any lawn and garden questions, reach out to Lynn Loughary, Horticulture Agent, 913-299-9300 ext. 104, [lloughareksu.edu](mailto:lloughareksu.edu).

## We're Hiring! County Extension Director

- Full-time
- Benefits
- Pay commensurates with experience

Kansas State University is a an equal  
opportunity employer



# FEBRUARY EXTENSION UPCOMING EVENTS



SERVSAFE FOOD HANDLING COURSE

## FEB. 22

1:30 - 4 P.M.

[Register online here](#)

\$25 course fee

Limited Seats

Class takes place at WyCo Ext. Office  
1208 N 79th St., KCK 66112

Contact 913-299-9300 with questions

## ALL ABOUT AQUAPONICS

Feb. 3

11:30 a.m. - 1 p.m.

[Register online](#)



**K-STATE**  
Research and Extension

Master Gardener  
Wyandotte County

## UPCOMING EVENTS

- **Jan. 10** - Registration opens for Dining with Diabetes Online until March 2
- **Feb. 3** - All About Aquaponics, 11:30 a.m. - 1 p.m.
- **Feb. 22** - ServSafe Employee Course, 1-4:30 p.m.

**Remember, soil tests and radon tests are always available for purchase!**  
**Contact us today, 913-299-9300.**

### **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 Wyandotte County K-State Research and Extension, 913-299-9300.

Wyandotte County K-State  
Research and Extension Office  
1216 N 79th St.  
Kansas City, KS 66112  
913-299-9300



[Wyandotte County K-State  
Research and Extension](#)



[Wyandotte County 4-H](#)



[Wyandotte County  
Master Gardeners](#)



[www.wyandotte.k-state.edu](http://www.wyandotte.k-state.edu)



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# JULY EXTENSION DEPARTMENT UPDATES

DR. NOZELLA BROWN,  
COMMUNITY VITALITY AGENT

We often hear the question, "what is an extension office?" Cooperative Extension offices serve as the bridge between state-schools and local communities to provide research-based education and information to residents in a community.

In 1914 Smith Lever act was created, and thus the Cooperative Extension Service was born. Think of local Extension Offices, as a satellite campus right in your community. We are a direct extension of resources and education from Kansas State University located in Wyandotte County. Each county in Kansas has a similar Extension Office. The advantage of these offices you may ask? Each office is able to tailor educational content to the immediate and direct needs of their specific community while working toward the five grand challenges.

Our office houses local experts, called Extension Agents, who are trained and deliver research-based curriculum from not only Kansas State University, but from a national network of Cooperative Extension educational information.

We currently have Extension Agents in the following areas:

- Community Vitality
- Family and Consumer Sciences
- 4-H Youth Development
- Horticulture; Lawns & Gardens

We also have staff who deliver the following federally funded programs:

- Supplemental Nutrition Assistance Program Education (SNAP-Ed)
- Expanded Food and Nutrition Education Program (EFNEP)



During a strategic planning process with stakeholders, K-State Research and Extension identified five grand challenges facing every Kansan: global food systems, water, health, community vitality and developing tomorrow's leaders.

## THE CEO'S MESSAGE

BY BRAYN RICE

With this layout's easy-to-follow design, creating content for your newsletter will be as easy as ever. Make sure you place wisely by using pictures and

"GREAT SPACE TO TALK ABOUT YOUR EMPLOYEES' GENUINE CONCERNS SUCH AS COMPANY UPDATES, EVENTS AND PERKS"

creating this newsletter, it'll be helpful to keep in mind that the focus should be on the employees more than anything. While it's

1862 - The Morrill Act was passed paving the way for a land-grant university in every state.

1863 - Bluemont College was renamed the Kansas State Agricultural College.

1887 - The Kansas Agricultural Experiment Station was created at Kansas State Agricultural College under the provision of the Hatch Act.

1914 - The Smith-Lever Act created the Cooperative Extension Service. 1915 - The Kansas Legislature passed the County Farm Bureau Law that provided funds to implement the county extension program.

1951 - Kansas Legislature revised law making the county extension program the cooperative responsibility of the county extension council and Kansas State University.

1959 - The university's name was officially changed to Kansas State University of Agriculture and Applied Science.

1991 - Kansas Extension Districts were passed by the state legislature paving the way for two or more extension councils to form Extension districts.

1996 - The Kansas Agricultural Experiment Station and Kansas Cooperative Extension Service merged to form the Kansas State University Agricultural Experiment Station and Cooperative Extension Service.