

THE EXTENSION CONNECTION



K-STATE
Research and Extension

Wyandotte County

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WYANDOTTE COUNTY
K-STATE RESEARCH
AND EXTENSION
NEWSLETTER

DIRECTOR'S NOTE

LORI WUELLNER,
INTERIM COUNTY EXTENSION DIRECTOR

The month of March can be unpredictable- sunny and warm one day and blustery cold, sometimes snowy, the next. We have seen this paradox play out often over the years. Unlike the uncertainties of the weather the source of your information should be consistent and reliable. K-State Research & Extension wants to continue to be that foundational source for a variety of your educational needs. Reach out to us through email, phone, Facebook or check us out on our webpage. We look forward to hearing from you.

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MARCH EXTENSION DEPARTMENT UPDATES

JESSIE CARR,
4-H YOUTH DEVELOPMENT AGENT

Kids between the age of 6 and 17 need at least 60 minutes of activity each day! Physical activity not only promotes better physical health but can improve overall health. Getting 60 minutes of activity in a day can help promote self-confidence, better mental health and even help students do better in school. Incorporating 60 minutes of movement in a day may seem like a lot, but it is pretty easy to add a variety of activity in throughout your day. You can stretch before school, walk your dog after supper or even have a pre-bed dance party in your bedroom. There are a lot of ways to get your 60 minutes in a day and you can even do it your way! [60 a Day: Fact Sheet for Kids](#).

For more ways to help your kids get more physical activity you can visit the [Move Your Way](#) on the U.S. Department of Health and Human Services website.

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



We're Hiring! 4-H Program Assistant

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- Benefits
- Pay commensurates with experience

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MARCH EXTENSION DEPARTMENT UPDATES

DR. CHIQUITA MILLER,
FAMILY AND CONSUMER SCIENCES AGENT

Everyday Mindfulness – Mindfulness has many definitions, living in the present moment/awareness of the present moment – paying close attention to thoughts, physical sensations, and our surroundings. Observing personal experiences of mindfulness, being completely focused on a project – reading a book, doing a hobby, or playing a sport. Mindfulness should not be considered a “cure-all.” However, science suggest that practicing mindfulness creates changes in brain function as well as changes in the body’s response to stress. The practice of mindfulness may have an important impact on physical and emotional health.

Five principles serve as the basis for mindfulness. Each can help you act skillfully and not emotionally in stress situations:

1) Non-judging: Be a neutral observer to each experience. 2) Patience: Allow each experience to emerge at its own pace. 3) Trust: Believe in your intuition and your ability to see things in a new way. 4) Acceptance: See things as they are in the present moment. 5) Letting go: Take the time to detach from your usual feelings and thoughts. [Check out this publication for more tips!](#)

In conclusion, when it comes to everyday mindfulness, remember to practice, practice, practice!

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

LORI WUELLNER,
FAMILY AND CONSUMER SCIENCES AGENT

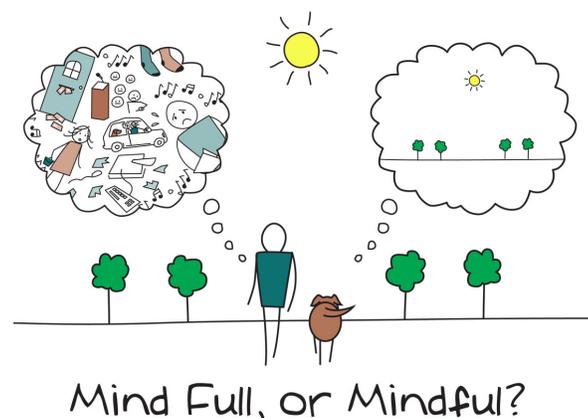
Spring Cleaning

With March we think Spring and with that brings spring cleaning and purging. Do you have food items that are collecting dust and have become dated? It’s time to roll up your sleeves and clean out your kitchen cupboards. The following link will take you to [PennState Extension](#) providing helpful tips to get you started on your spring cleaning.

Part of the eliminating process is to determine if a food product is still within its shelf life or needs to be discarded. The following K-State publication on food storage will come in handy:

- [Safe Food Storage:The Cupboard](#)
- [Safe Food Storage:The Refrigerator and Freezer](#)

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



MARCH EXTENSION DEPARTMENT UPDATES

LYNN LOUGHARY,
HORTICULTURE - LAWN AND GARDEN

Be sure to save the date for these upcoming events!

- **March 2:** K-State Garden Hour: Landscape Design 12-1 p.m. [Register online here.](#)
 - Designing a new flower bed or revamping a current one can intimidate any gardener. With just a few simple design principles, become more confident in choosing plants for these areas. Join Travis Carmichael, Lyon County Horticulture Extension Agent, as he discusses design principles, including the importance of planting in groups, planning for mature size, and bringing year-round color to the landscape.
- **March 3-** Hummingbirds of Kansas Presented Presented by Chuck Otte, Geary County Ag and Natural Resources Extension Agent, 11:30 a.m. - 1 p.m. [Register online here.](#)
 - Hummingbirds are fascinating and fun to watch for the entire family. Through a blend of landscaping and use of feeders you can enhance the opportunity to view and enjoy these tiny little flying jewels. Chuck Otte will discuss hummer-friendly plants, how to use feeders effectively, and how to deal with common problems with your hummingbird-friendly yard.



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

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MARCH EXTENSION DEPARTMENT UPDATES



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OFFICE**

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kit and learn more on our
county website.](#)

**Contact our office with
any questions
913-299-9300**



**Walk Kansas
registration opens
March 1**

**Program begins
March 27**

[Learn more on our
website](#) or contact our
office, 913-299-9300



**Hummingbirds of
Kansas**

March 3, 2022
11:30 a.m. - 1 p.m.
Class held via Zoom
[Must Pre-Register](#)

Questions about the class
or registration contact,
Lynn Loughary,
913-299-9300 ext. 107

UPCOMING EVENTS

- **March 4-26** - Walk KS Registration Open
- **March 3** - Hummingbirds of Kansas
- **March 7** - Dining with Diabetes Begins
- **March 27** - Walk KS Begins

**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

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