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.
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! 60aDay: 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
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, chmiller@ksu.edu

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.
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 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, lloughary@ksu.edu.

---

**We're Hiring!**

**Nutrition Program Assistant**

- Full-time
- Pay commensurates with experience

*Kansas State University is an equal opportunity employer*
MARCH EXTENSION DEPARTMENT UPDATES

RADON TESTING KITS AVAILABLE AT OUR OFFICE

Purchase your low-cost 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

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.