

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

DR. NOZELLA BROWN
COUNTY EXTENSION DIRECTOR

Happy August! I hope you find a little time this summer to relax and rejuvenate. I'm remembering my childhood summers growing up in Wyandotte. Most of those days were spent at Splitlog park, jumping rope, playing jacks, swinging at softballs and making crafts with the day camp staff. There's many more fun things to enjoy in our county today. Our office continues to be here to assist you with resources to ensure you enjoy your best quality of life, so be sure take advantage of this month's resources and share them with family and friends.

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COOPERATIVE EXTENSION STRUCTURE

NICOLE CROSSON,
PUBLIC INFORMATION OFFICER

In our last newsletter we discussed what an extension office was and reviewed the cooperative extension development timeline. This month, we want to share the structure of K-State Research and Extension (KSRE), and how our local Wyandotte County KSRE office and partnerships fit into the nationwide structure.

As an integral part of a land-grant university that receives funds from the United States Department of Agriculture (USDA) through the National Institute of Food and Agriculture (NIFA), K-State Research and Extension and local offices, such as Wyandotte County KSRE, are committed to fair and equitable treatment of all employees and program participants. In fact, as the nation's oldest Land-Grant institution, K-State has been putting service and compassion into action since 1863. The University was only the second public institution of higher learning in the U.S. to admit women and men equally. Throughout history, the University has remained committed to creating a level playing field where all can succeed and overcome challenges.

But our local Extension Office doesn't just work with the USDA, NIFA and K-State, we also are governed by, and work alongside, the Unified Government of Wyandotte County, and a local Extension Board that is comprised of elected community members who serve in volunteer roles supporting Extension Agents and staff in the programmatic direction that best serves the community.

Last but not least, our Extension Office and staff also network locally, partnering with other businesses, government agencies, and volunteer organizations to create synergistic educational opportunities for residents using research-based materials.

The flow chart above, outlines how our local Extension Office fits into the overall organization of Cooperative Extension.



**Family and
Consumer Sciences**



Community Vitality



4-H Youth Development



**Agriculture and
Natural Resources**

Did you know you can help make the best better in Wyandotte County by serving as a volunteer on our Wyandotte County Extension Council in one of the four major topics above? [Learn more on our county website how to get started this fall!](#)



***The flow chart above, outlines how our
local Extension Office fits into the
hierarchy of Cooperative Extension.***

AUGUST EXTENSION DEPARTMENT UPDATES

DR. NOZELLA BROWN,
COMMUNITY VITALITY AGENT

Kansas Housing Resources

This month's First Friday e-call feature Ryan Vincent, executive director of Kansas Housing Resources Corporation (KHRS). This set-supporting nonprofit public corporation, administers housing and community programs across Kansas. Their purpose is to help Kansans access the safe, affordable housing they need and the dignity they deserve. KHRC works with local government officials, mortgage lenders, business leaders, developers, builders, property managers, real estate professionals, service providers, and homeless/affordable housing advocates. You can access the presentation and the notes at the links below

- [Housing Resources](#)
- [Unlocking Home - PowerPoint Presentation Slides](#)

Contact: Dr. Nozella Brown, County Extension Director/Community Vitality Agent, 913-299-9300 ext. 110, nlbrown2@ksu.edu.



JESSIE CARR,
4-H YOUTH DEVELOPMENT AGENT

The back-to-school season is always an exciting, challenging and even sometimes scary time for children and parents alike. The transition back to school this year will continue to present challenges as we continue to navigate COVID-19 challenges.

Having open, honest, and age-appropriate conversations with students is one of the best ways to help ease some of the negative feelings children may be experiencing. Kansas State University child development specialist Bradford Wiles says, "Of all the times that we need parents to be really responsive and really invested in what their children are feeling, it's right now."

You can learn more about the benefits of these types of conversations by reading Wiles' press release: [K-State child development expert says it's okay for parents to express their own anxiety](#).

If you'd like more information about the transition back to school and positive youth development, reach out to your local Wyandotte County 4-H Staff!

Contact: Jessie Carr, 4-H Youth Development Agent, 913-299-9300 ext. 105, carrjessie@ksu.edu



AUGUST EXTENSION DEPARTMENT UPDATES

LAUREN COOPER,
EXPANDED FOOD NUTRITION EDUCATION PROGRAM
(EFNEP) NUTRITION ASSISTANT

Community:

- Have you ever thought about ways to save time in the kitchen, when cooking for your family? Consider these quick timesaver tips:
 - Organize your Kitchen
 - Prepare more, store away extra
 - Clean as you go while cooking

Classes:

- In-person classes are in session at the Central Vibrant Health Clinic!
- The virtual series with West Wyandotte Library continues this month.
- A virtual series has begun with a new KUMC Project Eagle family this month!

Contact:

- Lauren Cooper, Nutrition Assistant at lacooper@ksu.edu or (913) 299-9300 ext.121
- Learn more about EFNEP [here](#)

PAMELA STOVALL,
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM
EDUCATION (SNAP-ED) NUTRITION EDUCATOR

Now that school is starting there are gardening options for students to explore in the classroom. One is how to use container gardening especially when space is limited in the classroom or soil is not suitable for a garden around their school. During the winter container gardening is a good option for indoor use for growing fruits and vegetables in pots, buckets or crates and can be placed indoors near a south-facing window. When choosing a container, you want to base it on how deep the roots will possibly grow. An example would be lettuce, herbs and beets which can be planted in soil eight inches deep. When planting plants such as tomatoes, peppers and eggplants you might prefer a five-gallon bucket or a deep tub. To learn more about our free classes, contact me at 913-299-9300, ext. 111, parelif@ksu.edu. Pamela Stovall, SNAP-Ed Nutrition Educator

SAVE TIME IN THE
KITCHEN

with these smart tips



AUGUST EXTENSION DEPARTMENT UPDATES

DR. CHIQUITA MILLER,
FAMILY AND CONSUMER SCIENCES AGENT

Returning to School Routine: Summer is a time for wonderful fun things that may look like bad habits once school rolls around again: staying up late, hanging out at the park and outside with friends until dark, eating dinner in our swimming attire, falling asleep in the car or on the sofa without preparing for the next day. If this sounds like your house, let's start planning for a successful school year. School starts for many of our students in August, our family's needs to get back into a regular routine. The discipline of the school year has melted away this summer, let's work to set up routines that works best for our families.

How To Succeed in School: 1. Keep a good attitude about education and your ability to learn. Use positive self-talk. 2. Write down all your homework assignments and test dates in a notebook or digital device as soon as you know about them. 3. Start your homework as soon as you get home. 4. Divide large projects into small tasks. Do each sub-task on a set day.

"Happiness is not a matter of intensity but of balance and order and rhythm and harmony."
—Thomas Merton

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

LORI WUELLNER,
FAMILY AND CONSUMER SCIENCES AGENT

Diabetes is a common, costly, and serious disease affecting more than 34 million adults in the United States. One in five people aren't even aware that they have diabetes. Are you at risk for type 2 diabetes?

Take the [short quiz](#) to find out.

The K-State Extension publication, [Diabetes, You Are in Control](#), gives an overview of diabetes, risk factors and outlines healthy behaviors to keep you ahead of the disease.

Do you want to deepen your understanding of Type 2 Diabetes and more importantly learn ways to manage the disease? If so, you'll want to sign up for the Dining with Diabetes Online Course with registration beginning on August 16 at <https://tinyurl.com/22skttex>. This is a 5-part series starts on September 20. Cost is \$25.00

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



AUGUST EXTENSION DEPARTMENT UPDATES

LYNN LOUGHARY,
HORTICULTURE - LAWN AND GARDEN

Don't forget our Annual Wyandotte County Extension Master Gardener Training is open for registrations until Sept. 1!

- **Who:** Any Wyandotte County resident with an interest in horticulture can apply for the Extension Master Gardener Program. If you want to improve your skills and knowledge and you like to work with people, the Extension Master Gardener Program may be for you.
- **What:** Annual training series to enhance gardening knowledge and skills
- **When:** September 21 - November 2, 2021
- **Where:** National Agriculture Hall of Fame, 630 N 126th St, Bonner Springs, KS 66012; potential Zoom classes
- **Cost:** \$125; includes all training materials and classes

If you're ready to fill out an [application form](#) to become a WyCo Extension Master Gardener, visit our [county website](#) for form and information, or contact Lynn Loughary, Horticulture Agent, 913-299-9300 ext. 104, lloughare@ksu.edu.



Janet Winkler, WyCo Extension Master Gardener, delivers youth program at the Turner Community Gardens.

Photo: Lynn Loughary

UPCOMING EVENTS

- **Aug 9- Sept. 13** - WyCo Extension Council Election Ballots accepted until 12 p.m. Sept. 13
- **Aug 10-Sept 23:** [Stay Strong, Stay Healthy Hybrid Class](#)
- **Aug 18:** [ServSafe Food Handling Course](#)
- **Sept. 2:** [Low maintenance houseplants and succulents](#)

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.

CONNECT WITH US

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](#)



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JULY EXTENSION DEPARTMENT UPDATES

DR. NOZELLA BROWN,
COMMUNITY VITALITY AGENT

We often hear the question, "what is an extension office?" Corporate 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 to 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

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 the 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.