



DIRECTOR'S NOTE

DR. NOZELLA BROWN
COUNTY EXTENSION DIRECTOR

Welcome Fall!

As I write this, we are expecting today to be the last hot day for the year. Many of us are excited to welcome fall, others of us approach the season with some anxieties. Whatever your needs, our office has resources to help make the best of this last quarter of 2021. Whether you need a soil test, radon test, canner test or answers to questions about pests, nutrition or wellness, our friendly, expert staff can assist you. Contact us by e-mail, phone or through our website. We'd love to hear from you.

WYANDOTTE COUNTY
K-STATE RESEARCH
AND EXTENSION
NEWSLETTER

TABLE OF CONTENTS

Let's Work Together! • P. 2

Department Updates • Pgs. 3-6

Connect with Us! • P. 4

Upcoming Events • P. 4

BUILDING PARTNERSHIPS TOGETHER

NICOLE CROSSON,
PUBLIC INFORMATION OFFICER

Now that we have covered how our Office networks with different agencies, let's cover why partnerships are important and how our Office is ready to partner with your organization today.

Why Partner?

You may be asking yourself, "Can I be a part of something bigger than myself?" or "How can I use my talents and gifts to help others?" If these are questions you're asking, partnering with our Staff and Agents is a great way to do just that!

Three of our Departments have niche volunteering opportunities that utilize research-based information to engage with community members: the WyCo Extension Master Food Volunteers, the WyCo Extension Master Gardeners, and the WyCo 4-H Youth Development Program. All of these groups have multiple opportunities to learn and grow personally, but each also offers a sense of community within each group. Our staff equips volunteers to encourage community members to expand their knowledge and utilize skills learned to enhance our community and empower those who live here.

If volunteering isn't in the cards for you currently, maybe you work with, or for, an organization that also wants to make the best better in WyCo, and are looking for a synergistic relationship to create a beneficial experience for community members. Our Staff and Agents always welcome the opportunity to work alongside organizations who share our mission to enhance the lives of WyCo residents.

Building relationships has multiple benefits. First, it's removes duplication of efforts among organizations. Second, we are stronger together as a community when we work together for a common goal, and finally, by partnering we can expand our reach to serve WyCo residents.

If you're looking to create or enhance an educational opportunity, I would highly recommend contacting our office to see how we can partner today!

Benefits of Partnerships

1

Removes duplication of efforts in the community.

2

Stronger educational message and utilization of resources for community members.

3

Reach more community members through consistent marketing efforts.

Our Volunteer Groups



Take your gardening knowledge and skills to the next level with this active group of approximately 43 members.



Share your passion of food science with the community with this dedicated group.



Help develop and mentor tomorrow's leaders by serving as a 4-H Project or 4-H Club Leader throughout the community.

SEPTEMBER EXTENSION DEPARTMENT UPDATES

DR. NOZELLA BROWN,
COMMUNITY VITALITY AGENT

There has never been a better time to join our grant-writing class. October 5 and 6 is our next virtual grant writing opportunity from 1:30-4:30 p.m. Registration is made [online](#).

Workshop materials and videos are available for downloading from October 1- October 30.

The class costs \$60 and includes:

- 6 hours of synchronous learning,
- 45-minutes of asynchronous budget prep training.
- Handouts with sources of data, grant sources, examples of grants, and many others. (download them during October, use them forever!)

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

Fair Season Continues!

The Wyandotte County Fair ended on July 17th, but that doesn't mean fair season is over for Wyandotte County 4-H Members! The Kansas State Fair official kicks off on September 10th and Wyandotte County 4-H'ers came prepared. Our youth are representing our county at the state level through a variety of ways: displaying static projects such as: baked goods, pictures, and crafts or showing in livestock rings with cattle or swine. We are so proud of our 4-H'ers!

Participating in the local or state fair is just one of many ways that youth can demonstrate the skills they've learned as a 4-H member! If you are interested in learning more about 4-H, reach out to Wyandotte County 4-H Staff today! 4-H enrollment for the 2021-2022 year will open October 1!



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

SEPTEMBER EXTENSION DEPARTMENT UPDATES

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

Community:

- Back to school season is here, are you on a tight budget? Consider these easy tips for meal planning, saving money and more:
 - Buy "in season" produce
 - Purchase family-size lean meats and freeze what is not used
 - Utilize unit pricing while shopping to get the best buy
 - Drink water, save money and cut back on calories
 - Check out more tips [here](#)

Classes:

- The families at the Central Vibrant Health Clinic has completed their in-person series!
- West Wyandotte Library family finished up their virtual series 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

Here we are in the month of September about to end our fiscal year of 2020-2021. My, how time has flown by. Now, as we prepare for a new year to present itself, we begin with Fall and all of its beautiful colors.

SNAP-Ed helps people support their local economy, make better food choices and eat healthy. Farmers markets are a great way to support our local farms. They are also a great place to get fruits and veggies! As we have learned, fruits and veggies cost less when they are in season. SNAP-Ed offers classes that teach a variety of lessons, including of food preparation, as well as other subjects. Stay tuned to learn more about the classes we offer as we prepare for the coming year.

For additional information you can contact:
Pamela Stovall, SNAP-Ed Nutrition Educator,
913-299-9300, ext. 111.



SEPTEMBER EXTENSION DEPARTMENT UPDATES

DR. CHIQUITA MILLER,
FAMILY AND CONSUMER SCIENCES AGENT

Emergency Preparedness

National Preparedness Month is recognized each September to promote family and community disaster planning now and throughout the year. Kansas is home to a wide variety of weather, and it is sometimes hard to know what to expect. Tornadoes, thunderstorms, blizzards, and floods are common threats along with extreme heat, cold, and wind. Other emergencies your family may confront could relate to vehicle trouble, medical concerns, fires, covid-19, and accidents. An emergency or disaster can strike at any moment and will likely affect every family at some point. The best way to work through difficult situations and circumstances is to be prepared before a concern presents itself.

Be Informed:

State of Kansas portal to information and resources on emergency planning and preparedness for the public, businesses, schools, children, elected officials and Ready.gov: Prepare. Plan. Stay Informed. This online resource by FEMA will help you and yours be informed about your risk to various hazards, make a plan, and build a kit. Adult and kids first responders. focused activities are available.

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

LORI WUELLNER,
FAMILY AND CONSUMER SCIENCES AGENT

Foods that promote gut health are not only good for your physical health but they may also help your mental state of mind. Dr. Sandy Proctor shares information on the connection between our body and brain in the following article.

Nine research-based ways to improve gut bacteria are noted including eat a diverse range of foods; eat your veggies, fruits, beans and legumes; eat fermented foods; avoid artificial sweeteners; eat probiotic foods; breastfeed at least 6 months; eat whole grains; consider more plant-based foods on your plate; and eat foods rich in polyphenols.

For more information on this topic go to our Online Learning Opportunities on our webpage to view and listen to my recording on Nutrition and Mental Health.

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

Grab-and-Go Bag



SEPTEMBER EXTENSION DEPARTMENT UPDATES

LYNN LOUGHARY,
HORTICULTURE - LAWN AND GARDEN

Be sure to save the date for our upcoming Zoom class, Spring Flowering Bulbs, presented by Lynn Loughary, KSRE WyCo Horticulture Agent.

Fall is the ideal time to plant spring flowering bulbs in the landscape. During this class we will discuss the different types of bulbs, when and how to plant for colorful spring landscape.

Pre-registration is required, <https://tinyurl.com/sv94utue>. Once pre-registered Zoom meeting details will be sent via email. For more details visit our [county website](#).

If you have any lawn and garden questions, or questions regarding the upcoming class reach out to Lynn Loughary, Horticulture Agent, 913-299-9300 ext. 104, lloughar@ksu.edu



UPCOMING EVENTS

- **Oct. 12:** [WyCo Extension Annual Meeting](#)
- **Oct. 19:** [ServSafe Food Handling Course](#)
- **Sept. 2:** [Spring Flowering Bulbs](#)

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](#)



www.wyandotte.k-state.edu



www.wyandotte.k-state.edu