

Note from the Director

As the summer looks hopeful for returning to some form of normalcy, our staff is transitioning back into the office from telecommuting. June 1 we will resume our pre-Covid schedules with renewed purpose, skills, and resources. We now offer many of our services in person, virtually, and through convenient electronic platforms. As a reminder, this is a good time to request radon testing and soil testing, as well as brushing up on food safety protocols. There's nothing worse than protecting oneself against COVID-19 only to contract an avoidable food-borne illness. Finally, we're constantly updating our website and Facebook page. This year we launched our YouTube channel with a goal to reach 100 subscribers in the first month. You help us reach our goal. Click and subscribe [here](#). Please let me know other services or resources that might be helpful for you.

Kindly,

Dr. Nozella Brown, nlbrown2@ksu.edu, 913-299-9300 ext. 110

Community Vitality - Dr. Nozella Brown, County Extension Director

Want to make a property more attractive to investors and site selectors? On May's first Friday e-call Jonathan Clayton, Kansas Department of Commerce, summarized the value of the [Kansas Site Certification Program](#), a designation issued to properties that have successfully completed requirements demonstrating readiness for development and investment. [Jonathan's PowerPoint is here](#). The Certified Building Sites program *seeks to reduce the risk associated with development by providing detailed information including price and availability, utilities, access, environmental concerns and potential site development costs*. Successful recipients of the KS Certification Site designation may receive many benefits, including marketing and investment attraction support. Applications are accepted year-round. Visit the [website](#) for more information.



Contact

Dr. Nozella Brown, nlbrown2@ksu.edu, 913-299-9300 ext. 110

4-H Youth Development - Jessie Carr, Agent and Debra Sweeten, Program Assistant

The last year has presented a lot of challenges, but that didn't stop 4-H'ers! Over the last year youth in Wyandotte County have demonstrated how resilient they are. They've continued to develop lifelong skills, discover new interests, and empower one another through project learning, club meetings, community service and more.

4-H offers a wide variety of opportunities for youth from community club meetings, after school programs, educational programming, and more. There's opportunity for all!

As we move into the summer months, we are excited to host in-person programming and activities. Let us know if you're interested in learning more about 4-H or the services and support we offer!

Contact

Jessie Carr, carrjessie@ksu.edu, 913-299-9300 ext. 105

EFNEP/SNAP-Ed - Gina Conde, EFNEP/SNAP-Ed Agent

Community

SNAP-Ed/EFNEP programs support low-income individuals and families in making healthy choices the easy choice through nutrition and physical activity education. Our county nutrition educators lead interactive lessons for adults and youth to help them with; Easy meal planning, Stretching food dollars, Increasing physical activity, Improving skills for safe food handling and preparation.

Classes:

April classes: taught in a virtual format

- Eat Smart Move More- Tips for eating smart, moving more and achieving a healthy weight
- Healthy You and Baby Too -Eating smart and moving more for a healthy pregnancy

Contact

- Gina Conde, gina25@ksu.edu, 913-299-9300 ext. 108

EFNEP - Lauren Cooper, Nutrition Assistant

Community

- Focus on your health, by staying lean with your protein! Check out all the great tips on this food group of the MyPlate [here!](#)

Classes

- Two families graduate from the EFNEP program this month!
- Virtual classes are available, small in-person classes coming soon.

Contact

- Lauren Cooper, lacooper@ksu.edu, 913-283-5548
- Learn more about EFNEP and read education articles [here.](#)



SNAP-Ed - Pamela Stovall, Nutrition Program Educator

Community

It's that time of year again! Time for us to shop for fruits and vegetables at the local Farmers Market. Some of our local Farmers Markets have opened providing the best produce in season. Others will be opening in June and continuing until the fall. Fruits and vegetables are an important part of our daily food requirement according to MY Plate. They are best and less expensive when they are purchased in season. SNAP-Ed helps individuals and families support their local economy, make better choices and eat healthy. The links provided will give more information on the local Farmers Markets in Wyandotte County and their locations in Kansas City, Kansas. [Produce Guide.](#) [KCK Farmer's Market Guide.](#)



Contact

- Pam Stovall at parelif@ksu.edu, 913-299-9300 ext. 111

Lawn and Garden - Lynn Loughary, Agent

Thank you to the WyCo community for another successful “online plant sale”! We raised enough money to support half of our ongoing community projects. Participant comments: The online sale provided safety during the pandemic. It was quick, easy, and convenient, allowing for shopping from the comfort of our homes. The plants were high quality and affordable!

Horticulture Services Provided = Soil Testing, Plant Diagnosis, Plant Information & Care, Horticulture Educational Programs!

Contact

Lynn Loughary, lloughar@ksu.edu, 913-299-9300 ext. 104

THANK YOU!

for supporting our
2021 Online WyCo Extension
Master Gardener Plant Sale!



Family and Consumer Sciences, Family and Home - Dr. Chiquita Miller, Agent

Time management is the process of organizing and planning how to divide your time between specific activities. Good time management enables you to work smarter, not harder, so that you get more done in less time, even when time is limited, and pressures are extremely high. Understanding the core skills of time management are important as you create and manage your unique style: prioritization, delegation, scheduling, decision-making, goal setting, problem solving, strategic thinking, and being focused, are all steps in enhancing your skills. Exploring the best approaches to time management by understanding what's right for you, can help you to deal with some common time management challenges. Finding that you are late to work, family gatherings, appointments, your day is riddled with countless interruptions, can all attribute to how well you manage your time. Time management skills are important, both in the workplace and in our everyday lives.



Contact: Dr. Chiquita Miller, chmiller@ksu.edu , 913-299-9300 ext. 106

Family and Consumer Sciences, Health and Nutrition - Lori Wuellner, Agent

As home gardens and farmer's markets start up, food preservation also gains interest. Be sure you're current on safety recommendations related to all forms of food preservation. The following link will take you to the April *You Asked It!* Newsletter with brief articles on preservation but also listen in to someone's story about surviving Botulism ([see page 3](#)). Make sure to bookmark KSRE's Food Preservation website for publications, videos and more [here](#).

Do you have a dial gauge canner that you'll be using this summer? Feel free to contact me to ensure it's accurate by having it tested at our office.

Contact

Lori Wuellner, lwuellne@ksu.edu, 913-299-9300 ext. 107

WYANDOTTE COUNTY EXTENSION NEWS

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Wyandotte County

Upcoming Events



Summer Course

Registration opens May 3

If interested in this class contact,
Lori Wuellner,
Family and Consumer Sciences Agent
913-299-9300 ext. 107
lwuellne@ksu.edu

Dining

WITH DIABETES

Online

Registration Closes June 2
Class held June 7 - Sept. 6

If interested in this class contact,
Lori Wuellner,
Family and Consumer Sciences Agent
913-299-9300 ext. 107
lwuellne@ksu.edu

Container Gardening Class

June 3 • Zoom
11:30 a.m. - 1 p.m.

If interested in Plant Sale contact,
Lynn Loughary,
Horticulture Extension Agent
913-299-9300 ext. 104
lloughar@ksu.edu

Register Here: <https://tinyurl.com/5xu7mh5e>

Did you know

WE HAVE A YOUTUBE ACCOUNT!?



[HTTPS://TINYURL.COM/WYCOYT](https://tinyurl.com/wycoyt)



HELP US BUILD A STRONGER TOMORROW

Please complete our community needs assessment survey below by May 20. This survey will help our office ensure we are meeting the needs of the community with our classes, programs and resources!

<https://forms.gle/5z5FzSIDZuDmUc337>

Contact Us

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1216 N 79th St. • Kansas City, KS 66112
913-299-9300

www.wyandotte.k-state.edu

 K-State Research and Extension Wyandotte County

 Wyandotte County 4-H

 Wyandotte County Master Gardeners



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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