



Director's Note

DENISE DIAS,
COUNTY EXTENSION DIRECTOR

The first few weeks here have been busy! I have been getting acclimated to my new co-workers and office procedures. My favorite thing so far has been to go out to meet our community partners to learn more about what makes Wyandotte County special. I have learned about opportunities for new business start-ups, immigrant education and life skill development programs. I have been trying to look at our county through fresh eyes to see and discover all of the unique people and places that make Wyandotte County home. I challenge you to try it too! You never know what you might discover in your own backyard!



JUNE EXTENSION DEPARTMENT UPDATES

DENISE DIAS, COMMUNITY VITALITY, ENTREPRENEURSHIP

K-State Research and Extension offers an entrepreneurship webinar every first Friday of the month - First Friday E-calls. Our mutual goal is to engage knowledge, wisdom, and relationships of local communities with the research and experimentation of the University to create vital communities.

The purpose of these calls is to increase the local community's knowledge about Experts, Education, and Economic Resources available to help small businesses and entrepreneurs. We also aim to increase the number of transactions between the small business owner/entrepreneur with the Experts, Education, and Economic Resources who can increase the likelihood that they are successful.

If you would like to be on the notification list to participate in upcoming e-Calls, please send your request via e-mail to: nkdaniels@ksu.edu



DR. CHIQUITA MILLER, FAMILY AND CONSUMER SCIENCES

Summer Fun on A Budget

As the school year comes to an end, you are probably thinking about ways to keep your kids busy and active in the summer. This is especially challenging in the digital age of television, cell phones, computers, and video games.

Instead of using media, kids could play outdoors, read, and do hobbies. Above all, encourage kids to use their imagination in free play — whether outdoors or in. If you limit the amount of time your children use media this summer, you will probably hear the familiar complaint, "I'm bored!" at some point.



Here are a few ideas to keep them active on a budget:

- Be a tourist in your own town. Look into tours of local attractions, special events, and other activities happening in your town or the surrounding area.
- Go to your local city park. Parks offer something for everyone. Playground equipment, sports fields, pools, lakes, trails, and other natural elements are just some of the things you can find at a park.
- Encourage kids to use their imagination by playing with safe objects from around your house. (This is especially fun for younger children.) Empty boxes and bed sheets are great for making forts. Using empty milk or laundry-soap jugs for indoor bowling or beanbag targets. Cutting jugs to make scoops for digging in a sandbox.

You can do many free or low-cost activities with your families in your communities, please click [here](#) for a host of ways to keep kids busy.

For more information please contact Chiquita Miller at chmiller@ksu.edu

JUNE EXTENSION DEPARTMENT UPDATES

LORI WUELLNER,
FAMILY AND CONSUMER SCIENCES, NUTRITION

The following are resources to get you ready for Farmers Markets and garden produce...

Farmers Markets:

- [Foods Sold Direct to Consumers in Kansas: Regulations and Foods Safety Best Practices \(English\)](#)
- [Foods Sold Direct to Consumers in Kansas: Regulations and Foods Safety Best Practices \(Spanish\)](#)
- [Shopping Safely at Farmers Market](#)

Food Preservation:

- [Rapid Response Center, Food Preservation Webpage](#)
- [Food Preservation Recipes](#)

[Kansas Local Foods](#)

[Seasonal and Simple: \(providing recipes for a variety of produce and a listing of Farmers Markets\)](#)

For more information, lwuellne@ksu.edu



Upcoming Program: Diabetes, You Are in Control

Diabetes is a common, costly, and serious disease. The program, Diabetes, You Are In Control, will be offered at the Merc Co-Op, 501 Minnesota Avenue, Kansas City, KS on Wednesday, June 15 starting at 1:00 pm.

Risks of developing type 2 diabetes, and how you can manage the disease will be addressed. We will also tour the store to discover diabetes-friendly snacks and foods and ways in which they can be incorporated. To register for the program call 913-299-9300 or email Lori Wuellner at lwuellne@ksu.edu

JUNE EXTENSION DEPARTMENT UPDATES

LYNN LOUGHARY
HORTICULTURE - LAWN AND GARDEN

Check out this Upcoming Class!

Preparing Flowers & Vegetables for the County Fair Presented by Nancy Chapman, JoCo Extension Master Gardener

- Learn about best practices for flower & vegetable exhibits at the county fair
- June 2 @ 11:30am
- Register online [here](#)

Do you have lawn and garden questions? Please contact Lynn Loughary, KSRE Horticulture Agent, at 299-9300, ext 104 or by email lloughar@ksu.edu.



JESSIE CARR
4-H YOUTH DEVELOPMENT

Positive Youth Development focuses on meeting the 4 basic human needs: belonging, mastery, independent, and generosity. When these 4 needs are met, humans, especially young people are more likely to be active members of society, creating a better tomorrow.

Youth Development is also intentional work. We are intentional about the way we teach, the information we share, the opportunities we promote, the connections we make and the ways in which we work to make youth feel like they belong.

Meeting the needs of youth is essential to create a generation of healthy and thriving adults. To learn more about the development needs of youth click [here!](#)

To learn more about positive youth development in WyCo contact Jessie Carr, 4-H Youth Development agent, carrjessie@ksu.edu

