



## ***Director's Note***

DENISE DIAS,  
COUNTY EXTENSION DIRECTOR

Fireworks, picnics, hot weather and of course the Wyandotte County Fair. July is when our youth display their current 4-H projects. These youth plan, practice, and present a finished product during our fair to showcase the “learn by doing” motto. The exhibit is not the end, nor does it show all the learning that has taken place so far. Learning does not stop at the fair, it is just one of the many check points along the way. See you at the fair!



# ***JULY EXTENSION DEPARTMENT UPDATES***

DENISE DIAS,  
COMMUNITY VITALITY, ENTREPRENEURSHIP

## **Can filling buildings in rural Kansas help us to combat urban blight?**

If you take a drive around Wyandotte County, it is easy to spot empty buildings and vacant properties. Why do owners neglect them and keep them empty? If these eyesores remain untouched, hopelessness sets in. Deb Brown from the Webster City Chamber of Commerce says, "instead of hiding the buildings, let's look at them. Let's talk about them. Let's do a tour of them."

In Webster City, they gathered community members, realtors, former business owners and other citizens to tour twelve spaces. They discussed the history, shared ideas and found common ground. As a result, ten of the twelve buildings on this tour were filled with new businesses and community activities. Deb says, "any town can do this because the magic is in the conversations you create, not in the buildings themselves."

**[Click here for the full video](#)**



# JULY EXTENSION DEPARTMENT UPDATES

LORI WUELLNER,  
FAMILY AND CONSUMER SCIENCES, NUTRITION

## Healthy Body, Healthy Brain

Recently I had the opportunity to co-author a fact sheet (along with Sharolyn Flaming Jackson, Extension Specialist) on Healthy Body, Healthy Brain. To learn more about the brain and body connection, tips on improving your gut health, the MIND eating plan and more click [HERE](#)

We were also interviewed about this topic by Jeff Wichman, with KSU's Sound Living. It should be posted soon but, in the meantime, you can check out the [WEBPAGE](#) for other health related topics such as cutting grocery costs, food preservation, managing stress and more.

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



JANICE McMAHON,  
NUTRITION EDUCATOR

## Three Plus One

### 3 Common things we forget when cooking plus one for the extra hot weather

1. **Recent research from the USDA** shows 97 percent of people fail to properly wash their hands when preparing a meal. This means with soap and water! Before cooking and after handling raw ingredients (such as meat, poultry, eggs and flour), wash your hands with soap and water for 20 seconds.
  2. **Rinsing raw poultry** (or any raw meat) is not a safety step! Rinsing your chicken or turkey can spread harmful bacteria around your sink, countertops and onto your hands.
  3. **Always use a food thermometer** to ensure meat, poultry and other foods have reached a safe internal temperature. Print this [temperature chart](#) to keep handy in your kitchen.
- **Plus one**
    - The "2-hour rule" states that perishables left at room temperature for more than two hours should be discarded. If the food is being kept in an area that is 90 degrees Fahrenheit (32.2 degrees Celsius) or above, leftovers should be refrigerated to 40 degrees Fahrenheit (4.4 degrees Celsius) or below within one hour.
    - For more information check out <https://www.fightbac.org/>



# ***JUNE EXTENSION DEPARTMENT UPDATES***

LYNN LOUGHARY  
HORTICULTURE - LAWN AND GARDEN

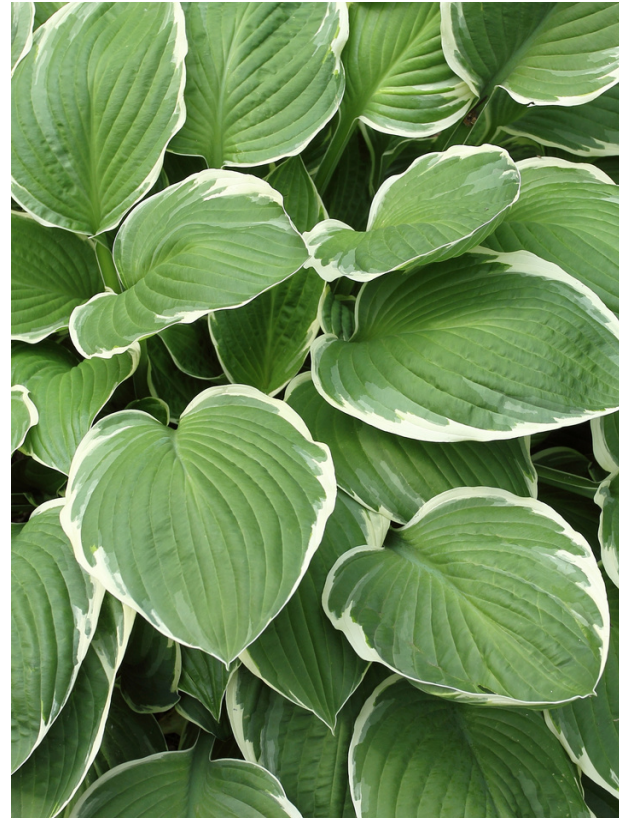
Check out this Upcoming Class!

## **The Colorful Shade Garden**

Presented by Lenora Larson, Marais des Cygnes Extension Master Gardeners

- Learn how to embrace shade-loving flowers to create a beautiful yard!
- June 7 @ 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](mailto:lloughar@ksu.edu).



JESSIE CARR  
4-H YOUTH DEVELOPMENT

## **Beat the Heat with Cool Summer Treats!**

One way for youth and families to beat the summer heat, and let's face it the "i'm bored" phase of summer is to spend time together in the kitchen.

With National 4-H's "**Cooking at Home with 4-H**" you can learn to make simple, fun, and healthy recipes. Cooking at Home includes videos to follow along with or you can even download a **FREE Fresh Chefs 4-H cookbook!**

My favorite recipe is: **Ice Cream in a Bag**. It's an easy way to create a tasty treat to keep you cool in the summer!

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



# Upcoming Class



Family and  
Consumer  
Sciences



Wyandotte County  
Extension



Wyandotte County  
K-State Research  
and Extension



www.wyandotte.  
k-state.edu

## Dining with Diabetes Summer Online Course

Registration: June 13 - July 13, 2022

Class Begins: July 18

Limited to 20 participants

Course Fee: \$25



Pre-Register here!



For details contact,  
Lori Wuellner,  
Family and Consumer Sciences Agent  
913-299-9300 ext. 107 or  
lwuellne@ksu.edu

This self-paced online course series helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading.

Classes in the series are pre-recorded, released weekly and taught by certified instructors in an online format to allow participants to complete courses when it's best for their schedules.



### 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 Lori Wuellner, 913-299-9300 ext. 107 .



## ***“How to Shop at Your Local Farmers’ Market?”***



**Presenter:** Lori Wuellner  
Wyandotte County K-State Research and  
Extension Agent

**Date:** Tuesday, July 19, 2022

**Time:** 6:00 pm – 7:00 pm

It is a virtual program (ZOOM). Please email Anna at [awong@bonnerlibrary.org](mailto:awong@bonnerlibrary.org) for the ZOOM link



**Bonner Springs City Library**



**201 N. Nettleton Ave. | Bonner Springs, KS 66012 | (913) 441-2665 |  
[www.bonnerlibrary.org](http://www.bonnerlibrary.org)**

Want to learn how through outreach,  
you can impact and reconnect with our community?

# You Are Invited!

*The Family and Consumer Sciences Program Development Committee's*

## **4th Annual Summer Session**



**Monday, July 25**  
**Noon, via Zoom**



Be inspired at this virtual presentation in partnership with K-State Research & Extension; Providence Medical Center; and After The Harvest. Providence and After The Harvest will share their stories of connection and impact.

ZOOM MEETING  
[HTTPS://KSU.ZOOM.US/J/93669449219](https://ksu.zoom.us/j/93669449219)

Lisa Ousley, Executive Director, After the Harvest

Seabrin Jensen MSN, RN, C-ONQS, Director of Women's Services,  
Providence Medical Center

FOR MORE INFORMATION: 913-299-9300;  
LWUELLNE@KSU.EDU



Providence  
Medical Center

**K-STATE**  
Research and Extension  
Wyandotte County



after the harvest