



K-STATE
Research and Extension

Cowley County

Making a Difference

January - April 2018



Health and Extension

The “Extension” model arose at a time when American agriculture was largely inefficient and only marginally productive. The consequences of the agricultural practices of the time were endangering our Nation’s economic, environmental, and personal health. A century later, American agriculture is without equal in its contributing food to a growing world population.

Cooperative Extension developed a National Framework for Health and Wellness in 2014. The task force stated “we believe that this same system of Extension can do for the nation’s health what it did for American agriculture.”

K-State Research and Extension hosted a series of critical community health conversations in March. KSRE agents and key stakeholders were brought together to discuss Extension’s role in creating healthy communities. This full-day opportunity included networking, brainstorming, and action-planning.

Cooperative Extension is currently partnering with the **Robert Wood Johnson Foundation**, the nation's largest philanthropy dedicated solely to health to help build a Culture of Health in Kansas and the United States. More opportunities will be shared soon!

2018 Cowley County Extension Council Executive Board

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ANR = Agriculture & Natural Resources

CD = Community Development

FCS = Family & Consumer Sciences

4-H = 4-H/Youth Development

*Knowledge
forLife*

Making it happen...

Kelsey Nordyke
4-H Youth Development

Position open
Agriculture and Natural Resources

Becky Reid
Family and Consumer Sciences

Cindy Stephens
Office Professional

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Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating,
John D. Floros, Director.

Agriculture and Natural Resources

Keeping Producers Informed

In the absence of an Ag and Natural Resources Agent, local staff have fielded questions and networked with colleagues to provide education, information and support to local producers. Monthly agronomy and livestock updates have been e-mailed to our mailing list to keep connections active.

Cowley County Livestock Association Annual Meeting

Partners: Kansas Livestock Association

Impact: 120 producers



Dr. Mykel Taylor, Associate Professor of Ag Economics at Kansas State University shared trends in Kansas agricultural land values, rental rates, and leasing arrangements. Mike Beam, Kansas Livestock Association updated producers on current legislation and trends affecting livestock producers in our state.

Cowley County Extension staff work with community volunteers to assist with planning the annual meeting.

Quick Composting Class

Partners: Sedgwick County Master Gardeners, Bradbury Kitchen and Home

Impact: 13 participants

Connie Gaston, Sedgwick County Master Gardener, helped local participants learn how easy it is to be successful at composting. Connie stated, "Composting is my true love in gardening and it's my joy and pleasure to share with others."

The session was hosted at Bradbury Kitchen and Home and all participants received a sample of finished compost.



Family and Consumer Sciences

Emphasizing Healthy Habits: Walk Kansas 2018



8 Wonders

Team Challenge

8 weeks

435 miles

Each person=2.5 hrs/week



Cross Country

Team Challenge

8 weeks

764 miles

Each person=4 hrs/week



Little Balkans to Nicodemus

Team Challenge

8 weeks

1200 miles

Each person=6 hrs/week

27 teams - 165 participants - 8 weeks

This year's state-wide event features challenges that allow participants to virtually explore the 8 Wonders of Kansas and more! K-State Research and Extension is partnering with the Kansas Sampler Foundation to highlight Kansas communities while encouraging people to get moving!

Locally, special events and contests are promoted through weekly e-mail correspondence and social media posts. Participants log their progress online at walkkansasonline.org for minutes of physical activity, days of strength training, and consumption of water and fruits and vegetables.

Enhancing Communities

- Dexter Senior Center was the host site for a 8 week Stay Strong Stay Healthy class for 11 participants.
- Windsor Court Apartments (Arkansas City) hosts a monthly food/resource management class.
- Eagle Nest, Inc.'s Bridges Class with Department of Children and Families incorporates Extension led cooking classes into their curriculum.
- Wheat Science and CalciYUM are popular 4-H school enrichment programs that are delivered to elementary classes in Arkansas City, Burden, Winfield and Udall.

Helping Families & Individuals: Food & Resource Management



Partners: Ark City Farm and Art Market and Walnut Valley Farmers' Market vendors, City-Cowley County Health Department

Potential Impact: 2,185 households (2,722 adults + 2,405 children = 5,127 people) receive SNAP benefits (based on 2016 data).

Starting in May, Ark City Farm and Art Market and Walnut Valley Farmers' Market will be equipped and organized to accept SNAP-EBT (food stamps). Extension is working with SNAP recipients by hosting hands-on classes to improve confidence and competence with food and resource management.

Interesting fact - Cowley County has the 9th highest rate of residents receiving SNAP benefits in Kansas.

4-H Youth Development

Learning to Learn- Kansas 4-H Science of Ag Challenge

3 youth are taking part in the inaugural and pilot year of Kansas 4-H's Science of Ag Challenge. Youth teams are coached by a screened adult volunteer and mentored by industry professionals as they identify an opportunity and develop a solution utilizing Science, Technology, Engineering and Mathematics. The team will participate in two presentations where they will be judged and have the opportunity to compete for scholarship money

Lifeskills: Learning to Learn, critical thinking, goal setting, mastery, contribution to the group effort, communication, planning/organizing.



Developing a Positive Self-Concept

Contacts: 70 youth, 50 adults

50 Cowley County 4-H'ers presented their skills and talent at 4-H Day Saturday, February 11. The event was held at Winfield Middle School and gives youth the opportunity to share a musical or dramatic talent, participate in public speaking contests and share information about their projects. Local judges evaluated the members' performances and awarded a ribbon from Top Blue to White. Members and the opportunity to showcase projects, gain leadership skills and provide learning to others by hosting project booths throughout the day.

Lifeskills: Goal setting, leadership, planning/organizing, critical thinking, problem solving, communication.

Developing an Inquiring Mind: Youth for the Quality Care of Animals

Contacts: 15 youth

Youth learned food safety, animal well-being and character development through two different seasons of hands-on training in Youth for the Quality Care of Animals (YQCA). Members who intend to exhibit at the Kansas State Fair or the Kansas Junior Livestock Show are required to have training in Pork Quality Assurance (PQA).

Lifeskills: Goal setting, problem solving, keeping record, wise use of resources, critical thinking, nurturing, marketable skills, health lifestyle choices, disease prevention.

