



K-STATE
Research and Extension

Cowley County

Making a Difference

June - September 2019

Culture of Health

Working with Kansans across the state to improve mental and physical health is the plan behind a K-State Research and Extension effort called the Culture of Health. The goal is for extension to do for mental and physical health what extension has done for agriculture for years.

Cowley County Extension has always offered classes and resources aimed at educating the public about how to live healthier lives. The Culture of Health initiative, however, sharpened the focus and is providing extension agents with more tools to support mental and physical health programs.

Local data and priorities were collected with the Community Health Needs Assessment in 2018. That information was utilized by Cowley County Extension to identify areas where funding and education could make an impact.

A \$5,000 Culture of Health grant was received by Cowley County Extension to implement local "Mental Health First Aid" training programs and Power of Produce (aka POP Club) activities at Farmers Markets. Both programs engage community partners to connect with local residents for healthy choices. Cowley County Extension is leading the way to make a difference in our communities.

Making it happen...

Kelsey Nordyke
4-H Youth Development

Elizabeth Espino
Agriculture and Natural Resources

Becky Reid
Family and Consumer Sciences

Cindy Stephens
Office Professional

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4-H - Youth Development

*Knowledge
for Life*

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Cooperating, Ernie Minton, Interim Director.

Agriculture and Natural Resources

Keeping Producers Informed

Wheat Pre-Plant Meeting

Partner: K-State Research and Extension Sumner County

Participants: 66

The annual Sumner-Cowley Wheat meeting hosted Romulo Lollato, KSU Wheat & Forages Extension Specialist who provided a nutrient update for South Central Kansas. Allan Fritz, Professor of Wheat Breeding, provided a wheat breeding update and addressed upcoming variety performances for upcoming planting years.



Pine Tip Blight disease identified in Eastern Cowley County.

2018 Farm Bill Meeting in Sedgwick County

Participants: 200

K-State Research and Extension Ag-Economics specialists gave an update on the updated Farm Bill that passed in December 2018. Topics covered at this meeting were new provisions of the programs including cost coverage. County updates were given by Jenni Carr, Harper County Agriculture and Natural Resources Agent.

Plant and Environmental Diagnosis Consultations

Participants: 10+

Our Extension program has a unique service of case consultation including on site disease and plant identification and recommendations. Recent activities have included site visits to Arkansas City to identify a peach tree disease and Udall to confirm that a pond is Blue-Green Algae free.



Pathways to a Healthy Kansas

Partners: RISE Cowley, BlueCross BlueShield of Kansas, WIC

Participant: San Miguel Bakery

Latino Food retailer and bakery- San Miguel Bakery- took the pledge to encourage healthy options in their store as a part of a grant to improve the lives of Kansans. The grant is used to implement changes, such as menu, equipment, or material upgrades. Working closely with a local nutritionist, San Miguel Bakery now offers baked goods that have nutrition labels for customers.

Presenting the Rise Cowley Pathways Award to San Miguel Bakery. From Right to left Elizabeth Espino, Marcella Jimenez owner of San Miguel Bakery, Andrew Lawson, The City of Arkansas City Public Relations, and Alicia Ramey WIC Nutritionist.

Family and Consumer Sciences

Enhancing Community Health

Mental Health First Aid

Partners: South Central Kansas Medical Center, Four County Mental Health

Participants: 19

Sometimes first aid isn't a bandage, CPR or calling 911. Sometimes, first aid is you, being prepared with an action plan to help someone experiencing a mental health or substance use problem. The 8 hour mental health first aid training equips people to notice and approach someone who might be in crisis to connect with appropriate help and resources. Becky Reid is certified to teach Mental Health First Aid Course for adults.



Power of Produce engages youth at farmers markets

Partners: Ark City Farm and Art Market, Walnut Valley Farmers Market, Cowley County Farm Bureau

Participants: 243 youth; 4 volunteers; 12 vendors

K-State Research and Extension facilitated 11 Power or Produce (aka POP Club) events at farmers markets. 243 youth completed activities exploring food activities and tasting new foods to earn 472 in POP Bucks. 106 youth reported tasting new foods and 128 youth learned something new during the activities.

POP bucks can be spent at any vendor selling fruits, vegetables, eggs and meat. Youth have spent 276 POP Bucks with 12 vendors through September 28. Vendors are excited to build relationships with youth customers and their families.

Capacity Building for local Farmers Markets

Partners: Washburn University, Walnut Valley Farmers Market, Ark City Farm and Art Market, Farmers Market Coalition

Local farmers market vendors organized into the a new Cowley Farmers Market Association, Inc. to oversee and streamline market logistics for Arkansas City Farm and Art Market and the Walnut Valley Farmers Market. This group will be the sponsor organization for future SNAP-EBT operations at both market locations.

Elizabeth Bachmeier served as a VISTA summer associate for 10 weeks. Her presence at the farmers market sites increased visitor engagement. In addition, she collected and curated resources to build capacity for the market organization and future SNAP-EBT operation. K-State Research and Extension served as the VISTA host site and has provided leadership for SNAP-EBT set-up.



4-H Youth Development

Developing a Positive Self-Concept

Sunny Hills 4-H Camp, Rock Springs

Participants: 15 Cowley County youth, 2 teen counselors

June 5-8, 2019

Campers learn skills in various recreational and science-based activities while learning valuable life skills including independence. Our campers performed the flag lowering and gave a special program the first night of camp.

Lifeskills: Concern for others, cooperation, safety, social skills, critical thinking, decision-making, problem solving, leadership, self-motivation, self-responsibility, personal safety, teamwork.



Developing a Concern for the Community

4-H Foodstand Cleanup and Painting

Participants: 16 youth, 7 parents/adult volunteers

Multiple days in June

Youth and adults worked together to clean the foodstand 6 separate times. 4-H members were gathered after the initial flood and assisted the City of Winfield with fire hosing out all of the buildings on the fairgrounds. After the flooding was over, one adult volunteer power washed the exterior of the building. Cindy Stephens, Harlee Musselman and Kelsey Nordyke painted the green wainscoting in the interior. The exterior of the building was painted in under 3 hours.

Lifeskills: Planning/organizing, wise use of resources, leadership, time management.



4-H Youth Development

Learning to Learn

Kansas 4-H Science of Agriculture Challenge

Participants: 4 youth, 1 adult leader

The team consisting of Brendan Mackey, Austin Henderson and Braden Mugler is expanding their project from last year's challenge, studying the effects of fly control on the livestock industry in Kansas 4-H's Science of Ag Challenge. Youth teams are coached by an adult volunteer and mentored by industry professionals as they identify an opportunity and develop a solution utilizing Science, Technology, Engineering and Mathematics. The team has presented their initial findings at the Kansas State Fair and will compete in the final presentation November 4 at KSU for scholarship money.

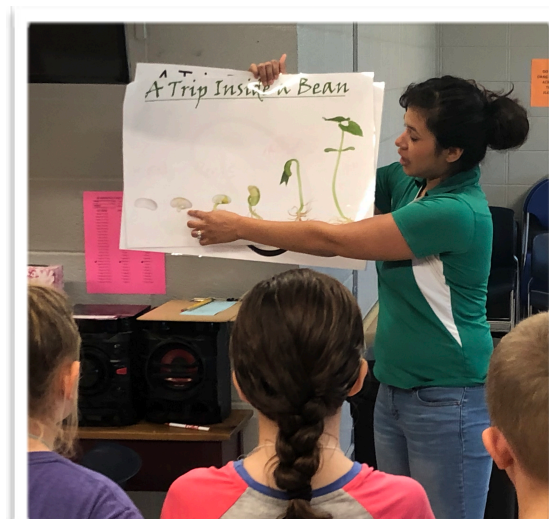
Lifeskills: Learning to Learn, critical thinking, goal setting, mastery, contribution to the group effort, communication, planning/organizing.



Walnut Valley Festival 4-H Foodstand

Partners - 60+ youth and adults representing 8 Cowley County 4-H clubs

4-H youth learn life skills as they provide customer and food service while working shifts at the 4-H Food Stand. The proceeds are distributed to clubs who helped staffed the 4-H Foodstand.



Smart Start

Partners: Winfield Recreation Commission; USD 465

Participants - 37 youth

Winfield schools are starting at 9:30 a.m. on the second Wednesday of each month. K-State Research and Extension is partnering with the Winfield Recreation Commission to offer hands-on activities between 7:45-9 a.m. on these days. September featured "farm to fork" activities and youth earned POP Bucks to spend at the farmers market.

4-H Youth Development

Mastery

Cowley County Fair

Participants: 325 youth exhibitors, 100+ volunteers

2500 pre-entries

1000+ volunteer hours

Youth learn life skills through exhibiting their 4-H projects and conferencing with an adult to learn how to improve while also celebrating their success.

Lifeskills: planning/organizing, goal setting, problem solving, learning to learn, self-discipline, managing feelings, self-esteem, teamwork, leadership, social skills, mastery, responsibility.



Kansas State Fair

Participants: 75 Cowley County Youth

150 project exhibits

Of note, five photos were selected for further display/exhibit in the Kansas Governor's Office, the Kansas 4-H Foundation and Rock Springs!

Livestock were exhibited in the Dairy Cattle, Dairy Goat, Market Steer, Breeding Heifer, Market Hog, Breeding Gilt, Market Lamb, Breeding Ewe, Horse and Meat Goat Departments. Cale Shorter showed the Champion Maine Anjou Market Steer, Champion Crossbred Market Steer and Champion Market Heifer resulting in Grand Champion Market Steer and Reserve Grand Champion Market Steer.



Family and Consumer Sciences Contest - Becky Reid developed a Wizard of Oz themed puzzle room activity completed by 34 teams at the State 4-H FCS Contest. Cowley County's Senior Judging team placed 3rd and the Intermediate team placed 4th in the overall contest.

Fashion Revue - Cowley County Extension staff were in charge of the Public 4-H Fashion Revue at the Kansas State Fair. Local youth served as script readers while adult volunteers helped behind the scenes.

Lifeskills: planning/organizing, goal setting, problem solving, learning to learn, self-discipline, managing feelings, self-esteem, teamwork, leadership, social skills, mastery, responsibility.