



K-STATE
Research and Extension

Cowley County

Making a Difference

May - September 2018



Welcome to Elizabeth!

We are excited to welcome Elizabeth Espino to the Cowley County Extension Agent team. Elizabeth is from Arkansas City and graduated from Kansas State University with a degree in Agronomy.

Being intrigued and inspired by the natural world, she looks forward to being a resource for our community. Her passion is to give meaningful knowledge on topics such as Agriculture, Horticulture, Food systems, Natural Resources, and Community Vitality.

Elizabeth is the 17th Agriculture and Natural Resource Agent to serve Cowley County since 1913.



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
for Life*

Making it happen...

Kelsey Nordyke
4-H Youth Development

Becky Reid
Family and Consumer Sciences

Elizabeth Espino
Agriculture and Natural Resources

Cindy Stephens
Office Professional

K-State Research and Extension is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Director.

Agriculture and Natural Resources

New Agent Amidst Training

- Meeting new members of the community and being involved with communications partnering with **KSOK Radio, Walnut Valley Farmers Market, Ark City Farm & Art Market** and many more!
- Formal and Informal Mentoring with key members of the community, Surrounding K-State Research and Extension Ag Agents and more.

Jumping Right Into Programming

- K-State Research and Extension partnered with **Legacy Regional Foundation** and **Rise Cowley** hosting a Grant Writing Workshop. The purpose is to raise awareness of the value of grants offered to 32 different members of the community. This workshop was facilitated by Nancy Daniels, K-State Research and Extension Community Vitality Specialist.
- Partnering with **Sumner County Extension** and **American Ag Credit**, an Annual Wheat Pre-Plant Meeting was held in Oxford, KS. Dr. Romulo Lollato, K-State Research and Extension Wheat and Forage Specialist made his way South to discuss varieties and possible conditions local producers may face this year.
- **Adams Elementary School** and Cowley Extension are partnering up for a four-part pilot series on **“Where does your food come from?”** This is a program facilitated by in house agents to give fifth grade students the opportunity to learn the food system in depth from farm to fork.
- K-State Research and Extension happily partnered with **Cowley County Conservation District, Natural Resources and Conservation Services, Cowley County Farm Bureau, South Western College and Kistler Local Wildlife Pelts and Habitat** for a Conservation Field Day. Extension had a popular session that Burden’s fifth graders gained a sweet tooth for knowledge, where they created an **“Edible Soil Profile”** and learned



Homecoming For Research

- Five South Central Counties are teaming up for **2019’s K-State Research and Extension Wheat Plot Tour**. Cowley, Harper, Reno, Sumner and Sedgwick counties will display 22 varieties in randomized plots as well as a fungicide and non fungicide section within. Cowley County Extension Plot was donated by local producer Darell Long on the corner of 202nd and HWY 77.

Family and Consumer Sciences

Extension: a vital part of community success



•The **Community Health Center of Cowley County** received a **\$4,050 grant** to address diabetes from Health ICT. The funding was designated to support scholarships and materials for the Dining with Diabetes class activities led by K-State Research and Extension.

•**William Newton Hospital (WNH)** was one of two Kansas hospitals to receive a **Centers of Excellence Award**. The award recognizes the hospital's efforts to create healthier environments both onsite and in the community. WNH is an educational partner for the four session Dining with Diabetes community course led by K-State Research and Extension.

- Winfield's **Save-a-Lot** store launched the **Anchor Mobile Market** in May. K-State Research and Extension representatives presented cooking demonstrations at the event. Extension will offer educational programs about healthy eating and resource management at host sites.
- **USD 465 Winfield** received the **Organization Health Champion Award** at the Kansas State of Wellness Symposium in May. The district was recognized for creating an environment where the healthy choice is the easy choice. Agent Becky Reid is a member of the district wellness committee. She visits the 6th grade wellness class 4 times a quarter to provide nutrition lessons and hands-on cooking activities as part of Supplemental Nutrition Assistance Program (SNAP-Ed).



•**The City of Winfield** was named the winner of a **\$5,000 Healthy Hometown grant** from the Kansas Recreation and Park Association. The grant was written by Becky Reid using data from RISE Cowley's Community Perception Survey with input from Broadway Sports Complex Supervisor Tim Nihart. The money will be used to purchase and install outdoor exercise equipment along the lighted sidewalk walking trail.

- K-State Research and Extension partnered with **Legacy Regional Community Foundation** and **RISE Cowley** to host a Grant Writing Workshop. The event was facilitated by Nancy Daniels, Community Vitality Specialist from K-State Research and Extension. 32 representatives attended from various local agencies and learned strategies for identifying and writing grants.



4-H Youth Development

Learning to Learn- Kansas 4-H Science of Ag

The team consisting of Brendan Mackey, Austin Henderson and Braden Mugler are studying the effects of flies 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.



Developing an Inquiring Mind

Sunny Hills 4-H Camp

21 Cowley County youth and 4 counselors joined over 300 youth from 19 other counties across the state for Sunny Hills 4-H Camp June 3-6, 2018. Campers took part in group activities including recreational biking, swimming, rock climbing, canoeing, crafts, archery, shotgun stream studies and more as they were housed with other campers the same age.

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

Mastery

Cowley County Fair

325 Cowley County 4-H'ers exhibited over 2,000 projects at the 2018 Cowley County Fair. The 5 day event consisted of conference judging, during which members confer with a knowledgeable judge to share what they learned in their project. They are given ideas for improvement and judged against a standard. Purple ribbon exhibits of members who are 9 years old and older are eligible for Kansas State Fair competition. The fair requires over 1,000 volunteer hours by 150 adult and teen volunteers.

Kansas State Fair

70 Cowley County 4-H'ers exhibited over 150 projects at the 2018 Kansas State Fair. Nine photos were selected for further display/exhibit in the Kansas Governor's Office, the Kansas 4-H Foundation and Rock Springs. Anna Hixon's wool spinning project was chosen as the Top Spinning Award. Jacob Arnett's Shooting Sports Notebook was selected for further display at State 4-H Shooting Sports events.

Drake Lowe showed the Champion Dark AOB Market Hog, Torrie Thiel showed the Reserve Champion Division I Crossbred Market Hog, Cale Shorter showed the Champion Maine Anjou Market Steer, Champion Chianina Market Steer and Grand Champion Market Steer.

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

Long-term impacts: youth involved in 4-H exhibitions learn mastery and show increased self-esteem.