

August 2013



Southwind Extension SUCCESS



600 individuals participated in the Southwind District Walk Kansas program in 2013. The 8-week program encouraged the development of healthier lifestyles by being more physically active and by eating more fruits and vegetables. These healthy habits help reduce the risk of diseases such as obesity, heart disease, cancer, and diabetes. Kick-off, mid-program, and celebration events, along with weekly newsletters, gave participants opportunities to participate in health screenings, learn ways to incorporate physical activity into their daily schedules, and to receive healthy food preparation and nutrition information.

Participants who completed evaluations of the program indicated:

- 80% did meet the recommended minimum of 150 minutes of physical activity per week
- 80% were “confident to completely confident” they could continue this amount of physical activity over the next 6 months
- 95% were more aware of healthy eating recommendations as a result of the program
- 96% have adopted more healthful lifestyle habits

As a result of their involvement with Walk Kansas, participants noted the following:

- 49% increased energy
- 42% had a better attitude
- 33% increased endurance
- 29% improved sleep
- 22% were better able to manage stress
- 20% decreased weight

I Grew in the Classroom

“I Grew in the Classroom” is a plant science program that is annually presented in the spring to 4th graders in 12 classrooms across Neosho County. This was the 10th year the program was offered. The goal of this program is to bring hands-on plant science activities to students in a three part learning environment. The first session requires students make plant people using panty hose and fescue seed to watch the seeds sprout through the hose. In the second session youth learned about hydroponics by planting marigolds in water. Finally, live earthworms were utilized in the third session to teach about composting and recycling. Nearly 200 students completed the program in 2013.



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Knowledge
for Life

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 Carla Nemecek, 620-365-2242.

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Youth Internship Program

The summer months can be especially hectic for the Extension Office, especially as preparations are made for the County Fairs. In an effort to maintain strong educational programs and prepare for the County Fair the Southwind Extension District annually hires a local youth summer intern in each of the 3 county offices. These youth must be at least 14 years of age and willing to work a flexible schedule for minimum wage. The experiences they gain far outweigh the compensation they receive as stated in their personal testimonies.

- *“As the summer intern for the Southwind Extension District, I learned far more than I had expected. First of all, I was able to see my agents in a whole new light and realize they don’t just do things for 4-H, but that it is a public office and they handle many other projects. I enhanced my communication and people skills as well as increasing my knowledge of a wide array of Extension related topics. With the flexible schedule and ultimately serving as a positive influence for the program that made me the person I am today, I wouldn’t have wanted to spend my summer any other way.” ~ Anna Setter, Iola Office*
- *“My daughter served as a summer intern between her senior year in high school and freshman year in college. She was your typical high school senior going in, but coming out two months later she was a composed, confident young lady who was even more ready for the challenges of college. She was put into teaching positions that were outside her comfort zone, challenged to deal with all kinds of people and learned to make the most of her time in order to meet deadlines. Even today as a college student, her Extension experience helped her get a job because she was familiar with software programs that were used during the internship.” ~ Cindy Friedrich, Erie Office*
- *“One thing I benefited from was learning how to put on a successful event from beginning to end—and even make a contingency plan in case I could not do the activity as planned. I also liked having the opportunity to share the things I have learned about leadership with youth through my summer activity.” ~ Drew George, Fort Scott Office*
- *“I was given the opportunity further my 4-H and Extension knowledge by working with agents, office professionals and the best 4-H members in Southeast Kansas. By being an agricultural education major, I was given countless experiences within the classroom environment where I was able to teach and work with children of all ages. That has given me hours upon hours of hands on experimentation with teaching styles. On a professional level, I have improved upon my office procedures and learned how to organize large events, assisting to train a new agent to the District and brainstorming new activities that will benefit 4-H youth.” ~ MaKayla LaRue, Erie Office*

Youth Livestock Clinics

Two fun-filled days where youth, parents, project leaders and others increased their knowledge and experience of livestock production and management practices were offered in the Southwind Extension District. These events served to help youth prepare for the County Fair season. Participants discussed feeding techniques and options, show day preparations and how to dress for show day success. Youth and livestock were critiqued and corrected during the showmanship demonstrations. Members attended the Meat Goat Clinic at the Neosho County Fairgrounds where Dr. Brian Faris, Kansas State University Sheep & Meat Goat Specialist was on hand to assist attendees with all aspects of their meat goat projects. Brian Anderson, National Swine Registry Fieldman, worked closely with the swine exhibitors at the clinic held on the Bourbon County Fairgrounds. Educational events in a non-competitive manner are a great way for 4-H members and families from the three counties to come together and bond as members of the Southwind Extension District.

International Exchange Program



The International 4-H Youth Exchange is an in-depth learning experience in which young adults live with host families in other countries to increase global awareness, develop independent study interests, and improve language skills. Programs vary from country to country, with some emphasizing an agricultural work experience, volunteering at an adult training center, or working with a local youth development program similar to 4-H. 4-H members and families are certainly not strangers to the exchange programs offered by Extension. During the summer of 2013 Ben Yarnell made his way to Australia through the States' 4-H Program. Many of the host families in Australia resided in the rural/farming communities where Ben stayed for about four weeks. Neil Brimm from Scotland stayed with the Hawkinson Family while Tomoyuki T. from Japan enjoyed his time with the Chaney Family (pictured). Both boys were able to spend quite a bit of time at the Neosho County Fair meeting many community members and experiencing the highlight of every 4-H'ers year. Finally, the Lunsford Family in Bourbon County hosted Hannah from Northern Ireland for 3 weeks during the summer of 2013. The Lunsford's describe their experience as "...a wonderful way to learn about other countries and cultures. It opens a whole new world for everyone involved!" Exchange programs are not new to the Southwind District as the Meiwes Family from Allen County hosted Leo Reuter from Switzerland during the summer of 2012. Becky Meiwes, who traveled to India in 1984, described their experience as "The best part of being a host is that you have a new family member, and their family becomes your extended family. You have the opportunity to provide once in a lifetime experiences."