

September 2012



Southwind Extension SUCCESS

Allen County – Bourbon County – Neosho County

www.southwind.ksu.edu



Erie Elementary School Greenhouse

A new project with the Erie Elementary School began in January 2012. The school had a very nice greenhouse that had just been sitting for several years. The 4th & 5th grade science teachers contacted the Extension office for help in getting the greenhouse functional again. With the assistance of Krista Harding, District Horticulture Agent, and a K-State Horticulture specialist, the greenhouse was up and running in March. Approximately 60 students participated in the greenhouse program. Students seeded various vegetables and flowers into cell packs to grow into transplants to sell in the spring.

The greenhouse project did have some issues that turned out to be great learning experiences for the students! In the first year, they sold enough vegetable and flowers to cover the cost of all of the operational supplies and seed that was needed to start the greenhouse. This fall, the students will grow vegetables to be used in the school cafeteria.

4-H LIFE SKILLS

- A positive self-concept.
- An inquiring mind.
- A concern for the community.
- Healthy interpersonal relationships.
- Sound decision making.

Iola Office

620-365-2242

Erie Office

620-244-3826

Fort Scott Office

620-223-3720

*Knowledge
for Life*

Southwind 4-H Livestock Sweepstakes Teams

Having fun while learning is what makes the Sweepstakes weekend a success! Team members from the District worked together, encouraged each other, and enjoyed the new faces on the “comingled” teams. Public speaking skills, critical thinking abilities, self-confidence, teamwork experiences and agriculture knowledge were honed at the summer practices and preparation events.

In addition to the local quizbowl and family ice cream social, team members caught up with old friends, made new lifetime acquaintances, and experienced Kansas State University. Members exercised the 5 Life Skills of Kansas 4-H, made memories which will last a lifetime, and are preparing themselves to be our future leaders!

4-H members learned new skills and polished up on existing talents in order to be competitive in the Sweepstakes event which consisted of livestock judging, meats judging, skillathon and quiz bowl. Their hard work and dedication paid off as they were the 2012 Reserve Champion Sweepstakes team.

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.

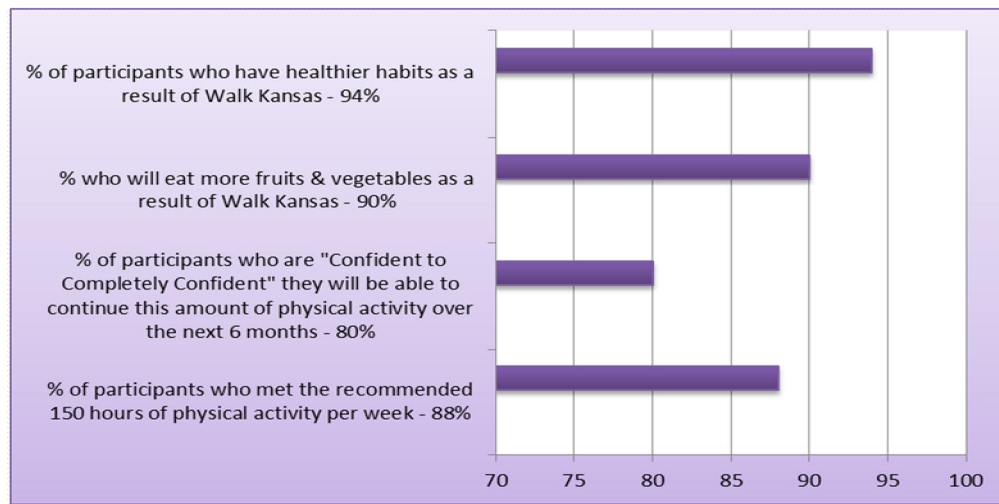
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.





Approximately 665 individuals participated in the Southwind District Walk Kansas program for 2012. The 8-week program practiced healthier lifestyles by being more physically active and by eating more fruits and vegetables. Research at North Carolina State University estimates that the cost of an inactive lifestyle is \$1,412 in direct and indirect health care costs per inactive person per year. By encouraging the participants to become more active, a potential estimated \$940,000 in costs associated with an inactive lifestyle was saved in the district. The individuals increased physical activity which in turn leads to healthier lifestyles with reduced risk of disease, such as obesity, heart disease, cancer, and diabetes. At kick-off and celebration events, participants had the opportunity to have blood pressure, weight, and BMI checked, to help them monitor their personal health status. They also received healthy food preparation and nutrition information during the program. As a result of their involvement with Walk Kansas, participants noted the following: 53% of participants indicated increased energy; 43% had decreased weight; 49% have better attitudes; 33% are sleeping better; and 37% have increased endurance.

Participants completing evaluations indicated the following results:



Extension Summer Internships

During the summer of 2012, the Southwind Extension District employed 3 youth summer interns to assist in the day to day operation of the Southwind 4-H program. The focus of the Extension Board was to hire local youth to give them an inside perspective of managing a local 4-H program, with emphasis on preparing for the County Fair. Each of the 3 District offices utilized the interns to prepare for special summer programming. Two interns were high school students and the third had just completed her Freshman year at Kansas State University. The experiences offered allowed for increased productivity with regard to youth programming during the most busy season of the year. These interns assisted Extension Agents and gained hands-on experiences that will allow them to choose a career path best suited to their interest and abilities.

Kids Can Cook

Through the Family Nutrition Program (FNP) nine sessions of 3-day Kids Can Cook classes were offered in communities in Allen and Neosho Counties during the summer of 2012. These hands-on classes allow youth who have completed 2nd through 5th grades to learn basic cooking skills, kitchen and food safety, and taste new foods. At the end of the session, each participant receives a recipe booklet with the recipes prepared in class. Recently, the mother of one of our cooking class participants caught me at the store and shared that her child, who was a very picky eater, had asked her to buy zucchini and yellow squash because of our class! She also reported that she is cooking more meals at home now because of the quick and easy recipes from the Kids Can Cook cookbook her child brought home. She also enjoys having help preparing meals from her son who is "the expert!"