

10-2014

The View from LU Cooperative Extension, October 2014

Lincoln University Cooperative Extension

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Recommended Citation

Lincoln University Cooperative Extension, "The View from LU Cooperative Extension, October 2014" (2014). *The View from LU Cooperative Extension*. 5.

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The View from LU Cooperative Extension

Grant Connects Fifth-graders with George Washington Carver Farm

On Thursday, September 11, 2014, sixty fifth-grade students and six teachers from North Elementary School in Jefferson City visited the George Washington Carver Farm. Kimberly Cash, program coordinator, gave an educational presentation to the students. She spoke about the food system. Students learned where food comes from before it reaches their table. Cash also discussed animal production and animal welfare. This event was possible due to a United States Department of Agriculture (USDA) - National Institute of Food and Agriculture (NIFA) grant: "Students Training Students: Educating Tomorrow's Consumers Today." Dr. James Caldwell is the Principal Investigator at Lincoln University.

Dr. Touria Eaton, State Extension Specialist - Horticulture, gave the students a tour of the farm. They



Above: Children get a closeup look at crayfish.

learned about many species of plants and insects and about vegetable production. As a bonus, they tasted vegetables at the farm. Students were given watermelons to eat in their classrooms.

Dr. James Wetzel, Associate Professor of Animal Science and Principal Investigator for Lincoln University Cooperative Research (LUCR), gave the students a tour of the aquaculture laboratory. He discussed many species of fish and how to grow and care for them.

Students left the farm happy. They had gifts of watermelons and some added knowledge about the food they eat and the work universities do.

■ *Dr. Touria Eaton, State Extension Specialist - Horticulture*

St. Louis Urban Impact Center Responds to the Unrest in Ferguson, Missouri

The Lincoln University Cooperative Extension (LUCE) St. Louis Urban Impact Center (SLUIC) partnered with several groups to present "A Message of Hope in Community Healing and Empowerment." This event was held at the O'Fallon Park YMCA on Thursday, August 28, 2014, in response to the unrest in Ferguson, a suburb of St. Louis, Missouri. Family Resources and Community Connections was another sponsor.

The program's focus was to help young people see that their life choices have consequences. Kemba Smith-Pradia, author of "Poster Child: The Kemba Smith Story," was the guest speaker. She discussed her autobiography, sharing how, as a college student, she was involved in crime through her drug dealer boyfriend. She was sentenced to federal prison for 24.5 years, though she was pardoned after serving six-and-a-half years. Smith-Pradia made connections between her story and the decisions young people make that can be life changing. She also stressed that youth can become a change agent, or someone that directly or indirectly leads positive change, within the community.

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Department of Agriculture Cooperating.
Yvonne Matthews, Interim Dean, College of
Agricultural and Natural Sciences. Distributed
in furtherance of the Food and Agricultural
Act, 1977 PL 95- 98. Dec. 22, 1981.
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SLUIC and Ferguson, Missouri (continued from page 1)

Forty-six people attended, including some from the target audience—residents of Ferguson and nearby areas. Mattie Moore, Second Ward Committeewoman for St. Louis City and Deputy Director of Senator Claire McCaskill's office, facilitated a panel discussion of students and community leaders. Panelists focused on what it takes to heal and empower the community, to strengthen its foundation, to create impacts by voting and to close the generation gap. One panel member stated, "Allow youth to share, to become a partner in the community." A follow-up event for youth is planned in the spring.

■ Ms. Patrice Dollar - SLUIC



Native Plants Presents Dining Wild

On Saturday, September 6, 2014, Dining Wild was held at the Scruggs University Center on the Lincoln University campus. It was the first time that the Native Plants Program (NPP) served a full dinner. Appetizers and drinks were prepared or flavored with native edible plants.

Dishes featured Missouri organic meats and local produce grown by NPP staff. Crayfish were provided by Dr. James Wetzel, Principal Investigator for Lincoln University Cooperative Research (LUCR). The recipes were selected and developed by Veronica Taylor, NPP Program Assistant.

Garden tours of the Native Plants Outdoor Laboratory (NPOL) were followed by a social mixer. After dinner, there were two presentations. Dr. Nadia Navarrete-Tindall talked about "Native Edible Plants of Missouri." Bill Ruppert, Horticulture and Native Plants Champion, spoke on "Native Plants – Beyond Beauty: Plants That Really Work."

More than 150 people attended. Evaluations and

personal communication showed that Dining Wild was well received. Many guests expressed interest in attending again in 2015. Attendees requested recipes of the dishes that were served. This indicates that some plan to integrate native plants into their diet.

Using native plants that grow naturally and are free for the taking might help people realize their value-added potential. This will hopefully encourage the protection and growth of native plants in gardens and landscapes. ■ *Dr. Nadia Navarrete-Tindall, Native Plants Program*



Above: Centerpiece made with native flowers. Right, from left to right: Wild rice with glade onions, chicken with dittany sauce, potatoes with wild leeks.

Southeast Seniors Represent LUCE in Parade

On Saturday, September 27, 2014, Lincoln University Cooperative Extension (LUCE) took part in the 70th annual Sikeston Cotton Carnival and Parade. This event features one of the largest parades in Missouri. The Sikeston office staff decorated two classic antique cars. These were used to transport the Missouri Institute for Minority Aging (MIMA) King and Queen candidates that had been selected from Southeast Missouri in 2012-2014. The King and Queen were chosen at the annual coronation held at the MIMA conference in Central Missouri. They wore their sashes and crowns. All were proud to represent LUCE. They were honored to be recognized by the thousands of spectators at the parade. It was a beautiful day for LUCE in Southeast Missouri to showcase one of many signature programs.

Videos can be seen on YouTube (need link). The website for the local television channel, KFVS12, also has several video files that can be found at <http://www.kfvs12.com/story/26643162/thousands-attend-cotton-carnival-parade-in-sikeston?autostart=true>. ■ *Brenda Robinson Echols - Southeast Missouri*

Top photo from left to right: James Hardin (2013, Southeast King), Jessie Lane (2014, Southeast Queen), Ida Fulton (2012, Sikeston Queen), Mary Glasper, (2013, Southeast Queen) and Freddie Evans (2013, Southeast King).

Bottom photo: The Queens: (sitting on back of car) Jessie Lane and Ida Fulton; (sitting behind driver, Michael Washington) Mary Glasper.



17th Missouri Institute on Minority Aging (MIMA)

LUCE's Paula J. Carter Center on Minority Health and Aging (PJCCMHA) supports seniors in their efforts to reach optimal health. This is accomplished through the center's community outreach initiatives. The hallmark of the PJCCMHA is the Missouri Institute on Minority Aging (MIMA). MIMA is a forum designed to present evidence-based data to state and local agency professionals in the fields of aging and health; academic professionals with a focus on aging and health-related topics; and aging consumers. The institute includes educational presentations that cover a variety of topics, including chronic disease self-management, strategies for the delivery of health care information and programs, and current research and data on health issues impacting older, underserved individuals.



Above, participants work on their own watercolor creations.

One hundred and five senior citizens from various parts of the state attended the 17th Missouri Institute on Minority Aging (MIMA). The event occurred from Tuesday, August 26 through Thursday, August 28, 2014, in Columbia, Missouri. The theme was "Aging Artistically." Twenty concurrent and five general sessions focused on teaching older adults strategies to improve and maintain health and wellness while also promoting creativity.

Based on a post-conference survey, 98 percent of attendees learned valuable information about senior health issues and solutions; they also plan to apply what they learned in their work and/or personal life. One stated, "I am so proud to see the progress Lincoln University is making in our community. I just love the term 'aging artistically.'" Another participant was pleased that MIMA "enlightens you about medical issues [with information] that you don't get elsewhere." A third senior said that "being a minority with diabetes

and high blood pressure, I will be using everything: diet, exercise, tips on meds and computer info." Perhaps the following statement from an attendee sums up the way that many felt: "I got needed information that can be used all year and the rest of my life."

MIMA also includes a coronation ceremony of a statewide King and Queen. They are chosen from regional representatives who serve as advocates for the PJCCMHA. David and Hameeda Abdullah from Kansas City, Missouri, are the newly crowned MIMA King and Queen for 2014-15. Their first event also included the 2013-14 King and Queen, Sehon Williams and Delores Carpenter. Together, they engaged in intergenerational work with LU's Royal Court during Homecoming festivities.



MIMA attendees who take part in more than one MIMA conference are considered Lay Leaders. They represent and promote PJCCMHA programs in their communities. Lay Leaders have been instrumental in recruiting participants, especially older, minority males into the center's programs. As a result of their efforts, PJCCMHA is about to begin the initiative "We're Looking for a Few 'More' Good Men (Ask Us Why)." This is a community outreach campaign to promote men's health and wellness.

■ *Deborah Jenkins - Human Resource Development and Intergenerational Programs*



Above: 2014 King and Queen David and Hameeda Abdullah.