

Monique Glaude

From: Ritchie J. Chatham
Sent: Thursday, March 7, 2024 7:50 AM
To: Braxton Copley; Tom Vogue; Amanda Knowland; Monique Glaude
Cc: Tony Trower; Todd B. Workman
Subject: Sweeping Update

Hello,

We are currently Sweeping AREA 3 (SW 6TH TO HUNTOON/ KANSAS TO FAIRLAWN) and will be moving into AREA 4 (HUNTOON TO 21ST/ FAIRLAWN TO KANSAS) upon completion. Have a great day!!

Ritchie Chatham
Infrastructure Support Manager
rchatham@topeka.org
785-640-9597

Real Stories. Real Success.

"The educator walked me through a review of **my daily eating habits**, and helped me to keep a food diary so I can see what raises **my blood sugar**. It has **saved my life**."
—Adult, Warren County

"After participating in the EFNEP class, my students are more **supportive** of each other, they are **less sluggish** in the afternoon and have better attitudes. Even their **grades are improving**."
—Elementary School Teacher, Macon County

"My doctor says that **I have added years to my life**. Thank you, EFNEP for **changing my life**."
—Insulin Dependent Male, Bertie County

"I now prepare all the **healthy meals** that are in the [cook] book in my home. They are **easy, economical, and nutritious**."
—Female, Orange County

"We need to get white milk because it has **less sugar** and it's **better for our bones and teeth**."
—Kindergartner, Forsyth County

"I have **lost eleven pounds** just by **walking three times a week** and including **more fruits and vegetables** in my diet. I am so glad that **my children walk with me**."
—Female, Onslow County

For more information contact:

Margarita Munoz, mmunoz@ksu.edu, 785-232-2166 (Spanish)

Peggy Bailey, pderuy@ksu.edu, 785-232-0062, x116

Stephanie Johnson, stephj76@ksu.edu

Lisa Martin, ljmartin@ksu.edu, x119

Shawnee County Extension Office

1740 SW Western, Topeka, KS 66604

<https://www.shawnee.k-state.edu/>



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES

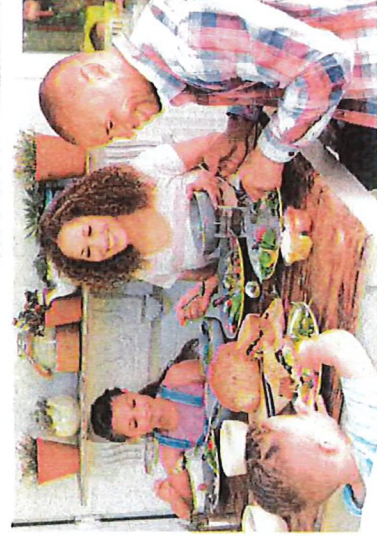
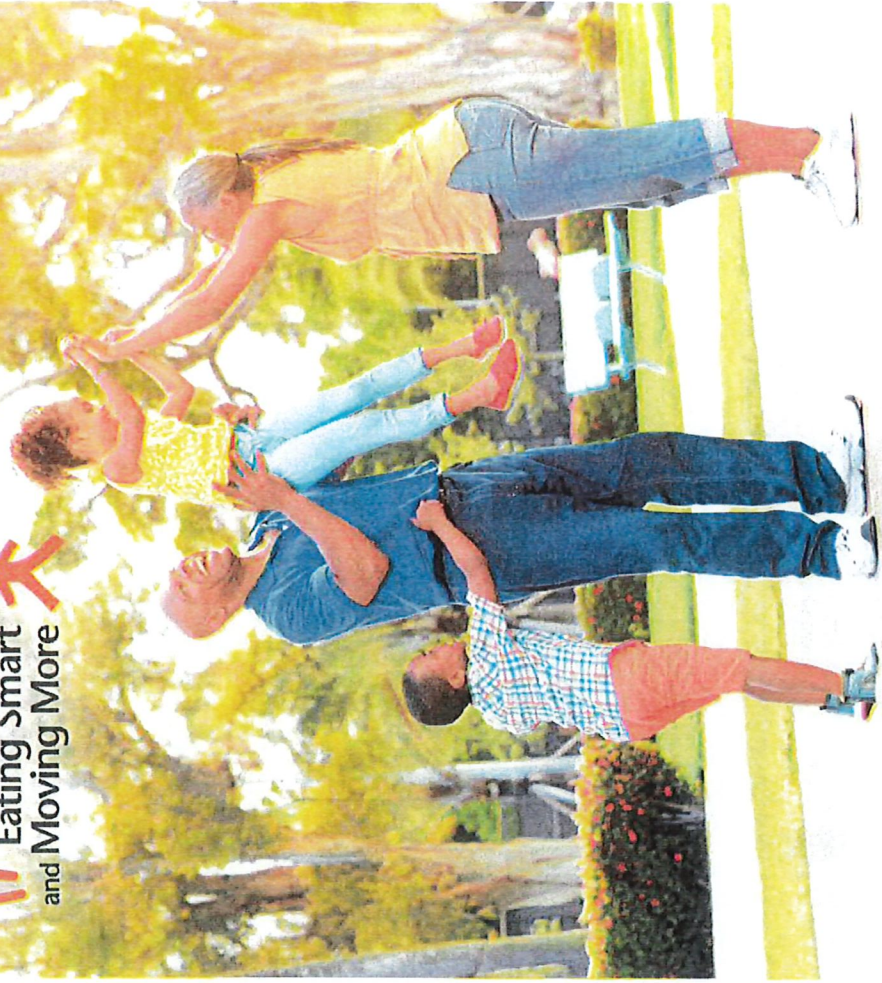


EFNEP 01/21 BRO01P-E

www.ncefneep.org

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Families. Eating Smart and Moving More



Simple solutions
to help families

EAT SMART
and
MOVE MORE

All about EFNEP



The Expanded Food and Nutrition Education Program (EFNEP) wants to help you

Eat Smart and Move More. Our program is **hands-on** and teaches **new skills** that you can use at home every day. We provide **simple solutions** to help you make healthy choices in eating and physical activity to **improve the health of you and your family**.

Developed by food, nutrition, and physical activity professionals, our sessions will help you create your own personal plan to **Eat Smart and Move More**. The best part? We know it works!!! Since 2005, **97% of families** that participated in our program **improved their eating habits** and **saved money on groceries**.

At **EFNEP**, we want you to become confident in **planning, shopping, and preparing** delicious, nutritious meals for you and your family. Once you have completed the program, you will receive an **EFNEP Cookbook** and a signed **graduation certificate** to show off to your family, friends, and even potential employers!

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COOKING with EFNEP

Easy One Week Menu Plan Your Family—page 6
Simple Ways to Move More Every Day—page 56

11 Families
Eating Smart
and Moving More

Certificate of Completion

Presented by
Healthy, Thriving
The Successful Completion of Families' Eating Smart and Moving More
A National Nutrition Education Program

Signature: [Signature] *Date: 8/1/2025*

EFNEP

There is no cost to participate, so come join us!

Through the Expanded Food and Nutrition Education Program (EFNEP) you will explore ways that you and your family can:

- Prepare and eat more meals and snacks at home
- Eat more fruits and vegetables
- Be more active
- Improve your health for now and the future
- Save money on food
- Feel more energetic
- Keep food safe



Acerca de EFNEP

El Programa de Educación sobre

Nutrición y Alimentos (EFNEP) desea

ayudarle a responder a las preguntas

sobre cómo **Comer Bien y Moverse Más**. Nuestro programa tiene

un concepto **práctico** le enseña **nuevas habilidades** que puede

utilizar en casa **todos los días**—desde cómo planear, hacer compras

y cocinar, hasta cómo aplicar **Soluciones Sencillas** para comer

saludablemente y realizar actividad física diariamente.

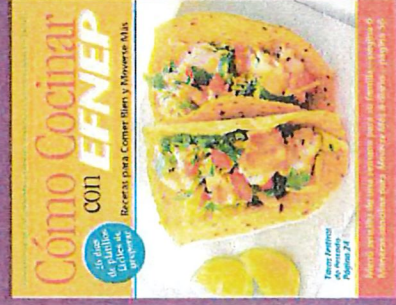
Nuestras sesiones han sido desarrolladas por profesionales de los alimentos, la nutrición y la actividad física, y le ayudarán a crear un plan personalizado para Comer Bien y Moverse Más.

¿Y lo mejor de todo? ¡Sabemos que funciona! Desde el 2005, **el 97% de las familias** que participaron en nuestro programa **mejoraron su dieta y al mismo tiempo ahorraron dinero.**

En **EFNEP** deseamos que usted se convierta en todo un profesional de la **planeación, las compras y la preparación** de comidas deliciosas y nutritivas para su familia. Una vez que haya completado el programa, usted recibirá un recetario **EFNEP Cookbook** y un **certificado de graduación** firmado para mostrarlo a su familia, a sus amistades e incluso a empleadores potenciales.

A través del Programa de Educación sobre Nutrición y Alimentos, explorará las maneras en que usted y su familia pueden:

- Cocinar y comer más comidas y bocadillos en casa
- Comer más frutas y verduras
- Ser más activo
- Lograr y/o conservar un peso saludable
- Ahorrar dinero en alimentos
- Controlar el tamaño de las raciones que consume
- Tener más energía
- Mantener los alimentos higiénicos



¡No hay costo alguno por participar, así que acompañenos!

Relatos reales de éxitos verdaderos:

"Aprendí cosas sencillas que me sirven todos los días. Mejor aún, ¡obtuve un empleo por todo lo que aprendí en EFNEP!"

—Adulto, Condado de Wayne

"Antes del programa EFNEP consumía comida rápida casi diariamente, pero ahora he aprendido a cocinar recetas bajas en grasa, con poca azúcar y a menos precio para mí y para mi bebé."

—Adolescente embarazada, Condado de Lenoir

"Formamos un grupo para salir a caminar y hemos bajado un total de ¡40 libras en 5 semanas!"

—Adultos, Condado de Harnet

"Comencé a utilizar una lista de compras y ahora preparo comidas saludables para mi familia con las recetas de EFNEP."

—Adulto, Condado de Bladen

Para obtener más información, comuníquese a:

Margarita Munoz

Shawnee County Extension

1740 SW Western

785-232-2166 Espanol

785-232-0062, ext 117

mmunoz@ksu.edu



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



United States Department of Agriculture
National Institute of Food and Agriculture



EFNEP 04/16 BRO01P-S

www.ncefneep.org



Medidas sencillas para que las familias COMAN BIEN y se MUEVAN MÁS

Monique Glaude

From: Amanda Knowland
Sent: Thursday, March 7, 2024 9:56 AM
To: support desk; Monique Glaude; Bianca Burnett; Maria Anderson
Cc: Braxton Copley; Ritchie J. Chatham; Taylor Bugg
Subject: Street sweeping update for website + NIA communication

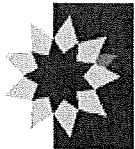
Good morning,

Here is the weekly street sweeping update:

City crews are currently sweeping in Area 3, which is from SW 6th Ave. to SW Huntoon St., between S Kansas Ave. and SW Fairlawn Rd. After completing Area 3, crews will move to Area 4. Area 4 is SW Huntoon St. to SW 21st St., between SW Fairlawn Rd. and S Kansas Ave.

Ryan, please update the street sweeping web page.

Thank you!



Amanda Knowland
Infrastructure Communications Specialist
City of Topeka | Public Works | Utilities
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Email aknowland@topeka.org



Monique Glaude

From: Kent Pelton
Sent: Thursday, March 7, 2024 10:08 AM
Subject: Traffic Disruption

Beginning Monday, March 11th, Median repair work will begin on NE Morse St from NW Central to NW Quincy. Traffic will have access through the area in one lane each direction. Work will take 2 weeks to complete depending on weather.

Project Contacts:

Contractor – Oscar, Green Care: (785) 845-0902
Engineering – Kent Pelton: (785) 368-3842
Engineering – Lee Holmes: (785) 368-3842



TOPEKA POLICE DEPARTMENT

Bryan Wheelles, Chief of Police
320 S Kansas Ave., Suite 100
Topeka, KS 66603

Tel: 785-368-9551
www.topeka.org

For Immediate Release

Press release attributed to: Rosie Nichols, Interim Co-Communications Director

Contact for further information: TPD Media Unit, tpdmedia@topeka.org

March 7, 2024

Topeka Police locate Lawrence homicide suspect

TOPEKA, Kan. – On March 7, 2024, just before 12 p.m., officers from the Topeka Police Department (TPD) learned that a homicide suspect for a Lawrence Kansas Police Department (LKPD) investigation was reportedly in the 1500 block of SW Lane St.

As a result of the investigation, officers later located the suspect, identified as Dawson Paine, 21, of Topeka, and took him into custody.

For any additional information related to the ongoing LKPD homicide investigation, please contact the LKPD.

Anyone with information regarding this investigation is encouraged to email telltpd@topeka.org or contact the Topeka Police Criminal Investigation Bureau at [785-368-9400](tel:785-368-9400). Anonymous tips can be made by calling Shawnee County Crime Stoppers at [785-234-0007](tel:785-234-0007). You can also make anonymous tips online at www.p3tips.com/128.

All persons charged with a criminal offense are presumed innocent until proven guilty in a court of law.

FREE

Life Saving Training

LEARN HOW TO SAVE A LIFE WITH NALOXONE



PARS

Prevention
And
Resiliency
Services

When:

Tuesday, April 2nd

Time:

6:00 to 8:00 p.m.

Where:

Topeka Shawnee County
Public Library -
Marvin 101C

WHAT WILL YOU LEARN?

- Learn about the impact of the opioid crisis nationally and in Kansas
- Develop the ability to prevent, recognize, and respond to an opioid overdose
- Explore resources associated with opioids in Kansas
- Learn how to administer naloxone if an opioid overdose is suspected



SCAN ME

Scan to register.



**TOPEKA FIRE
DEPARTMENT**

Randy Phillips, Fire Chief
324 SE Jefferson St.
Topeka, KS 66607

Tel: 785-368-4000
www.topeka.org

For Immediate Release

Press release attributed to: Rosie Nichols, Interim Co-Communications Director

Contact for further information: TFD Media Unit, tfdpio@topeka.org

March 8, 2024

House Fire

4324 SE Massachusetts Ct.

TOPEKA, Kan. – On March 8, 2024, just before 1 a.m., crews from the Topeka Fire Department (TFD) responded to a house fire located at 4324 SE Massachusetts Ct. Upon arrival, crews found a single-story house with smoke and flames coming from the rear of the structure. Firefighters performed a primary search and found no occupants were home at the time of the fire. The fire was extinguished and contained to the structure where it originated.

A TFD Investigation Unit responded to determine the origin and cause of the fire. The following is a brief summary:

- The cause of the fire was accidental.
- The total loss was approximately \$80,000.
- TFD response included 3 Engine Companies, 2 Truck Companies, 1 Aerial Company and 2 Battalion Chiefs.
- Assisting agencies include AMR, Evergy and the Kansas Gas Service.
- Working smoke detectors were not located in the house.