

EXTENSION Today

IN BOONE COUNTY

In Boone County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. The Boone County Cooperative Extension Office is your connection to the University of Kentucky and the world.

You'll see some key numbers in this report. But the numbers don't show you the people or the impact of our work. So the rest of this report shows the faces behind some of the numbers.

Money Matters

Some children do not grasp the concept of counting money and the value of it, especially if he or she already has a learning disability. Fifth grade students are tested on consumer decisions and financial literacy. Therefore, the Boone County Cooperative Extension Service collaborated with the public school system to provide enrichment classes pertaining to money to one fourth grade special education class. Students need to be able to use basic communication and mathematics skills for purposes and situations they will encounter throughout their lives.

Key concepts presented were: needs and wants; saving; goal setting; and decision making. Each monthly lesson began with a story book based on these concepts. The children were able to take the book home, thereby reinforcing the information at home. At the end of each

Money Matters



lesson students were given one dollar worth of play coins. They were presented with various items they could purchase. They also had the opportunity to save their money. If they purchased an item they had to count out their money

before the purchase could be made. This allowed for observation of whether the child comprehended the value of each coin and how to add and subtract.

By the end of the school year it was observed that most of the children could determine the value of the coins and could add and subtract. The teacher stated the extra time and practice benefited the students.

Youth Leadership

Research has shown that youth leadership development can have positive effects on behaviors and skills including self-determination, communication, and problem solving. Each of these skills is linked to higher student achievement, lower drop-out rates, and better post-school outcomes. For these reasons, the Boone County Cooperative Extension Service offered youth leadership training to students through "The Gifted and Talented Program" in the Boone County School system. Over 263 students in grades 4-8 participated in a series of classes focusing on leadership, teamwork, personality differences, and communication skills. The students enjoyed their sessions and attendance remained high throughout the program. We look forward to expanding this valuable learning opportunity in the future.



Reaching Out to Boone County



<i>Educational Programs</i>	
Programs presented	1,689
Total participants	30,900
<i>Educational Contacts</i>	
Clientele visits	1,973
Telephone consultations	6,159
Newsletters distributed	64,188
<i>Volunteer Development</i>	
Volunteers	705
Volunteer hours	27,820
Clientele reached by volunteers	16,030

Combating Peer Pressure

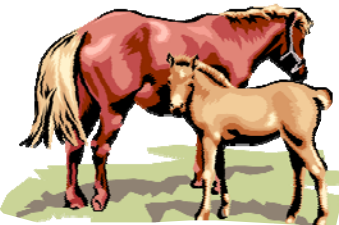
Peer pressure often puts our youth in situations they would normally not be associated with. This is especially true of our middle school students, who are at a stage in life where they can easily be influenced to make wrong decisions. To help improve the decision making process, the Boone County Cooperative Extension Service presented the Students Targeting Outside Pressures (S.T.O.P.) program to 47 eighth grade students at Walton-Verona Middle School. Students randomly selected a crime or rules violation and went through the process as if they had actually committed the offense.

Eighteen community volunteers (police, principals, school board members, youth court workers, and surrogate parents) explained the process and punishment for each of the offenses, ranging from painting graffiti on the walls to terroristic threatening. All students indicated they did not realize how much trouble they could get in by simply giving in to peer pressure. We look forward to expanding the program to include more students in the future.



Horse Owners Learn More Management Skills

► Equine Pasture Management Series—Horse owners learned about pasture, plants, and animal management in this four-part series taught by agents, specialists and a veterinarian. Participants learned how to identify and produce the best plants for their pastures, then how to better manage their horses on the pastures.



► Equine Nutrition—The Northern KY Horse Network presented a class called Equine Groceries where horse owners learned to recognize the different nutritional needs of different classes of horses and which

feedstuffs best meet those needs.

► Equine Dentistry, Bits, and Trailering—Northern KY Horse Network class, where horse owners learned about dental needs of the horse, the uses of different bits, and how to successfully load a horse on a trailer.

Farm Frenzy

Forty-seven second and third grade classes from Boone County Schools attended Farm Frenzy to learn about farms, plants and animals. About 500 people attended the evening sessions, making the total attendance for the three-day event nearly 2000.

Commercial Horticulture

A total of 350 “green industry” professionals, 115 commercial produce growers, and farmers market vendors attended commercial horticulture workshops such as the “Public Workers Tree Seminar,” the “Emerald Ash Borer Update for Northern Kentucky,” a “Commercial Nursery/Arborist/Landscaper Plant Care Seminar,” “Commercial Pesticide Applicator Training,” a “Commercial Fruit & Vegetable Production & Marketing Seminar,” and a training on “Good Agricultural Practices” offered by the Boone County Cooperative Extension Service.

As a result of these trainings, follow-up surveys showed 90% of participants are now able to identify plant diseases and insects such as emerald ash borer and its damage symptoms to trees, most have a better understanding of how to prevent the spread of this pest. Over half of the landscapers and two-thirds of produce growers said the classes will help them on the job, and they will change how they select, plant and maintain trees and shrubs, or how they grow fruits and vegetables. As a result of these and similar Extension trainings over the past two years, 99 participants reported they have changed how they select, plant, mulch, water, and fertilize their plants; 59 individuals have changed how they control insects and diseases of plants; and 46 people changed how they prune trees.

About 50 people in the group began composting, recycling, or other environmental conservation practices, and 37 participants have already adopted specific practices to insure cleaner air, water, and environment. Over 40 people have stopped applying lime, phosphorus, and potassium to their soil unless a soil test reveals the need. Eleven individuals acquired a job or new business, and 23 people reported a significant increase in income due to Extension classes. Survey responses from all attendees at the landscape and produce classes indicated that the total value of the savings or gains resulting from implementing Extension horticulture recommendations on their farms or businesses over the past two years was \$338,250. Twenty-one people became certified as commercial pesticide applicators or certified arborists.



Extension classes also improved life skills and leadership skills of participants. About 65 people reported improved personal skills in communication, problem-solving, decision making and leadership as a result of participating in the horticulture classes of the Boone County Cooperative Extension Service.

Large Animal Rescue Training

Sixty emergency responders (firemen, police, EMT's and animal control officers) and animal owners from Northern KY attended a three-day training in large animal rescue, taught by Drs. Tomas and Rebecca Giminez of Technical Large Animal Emergency Rescue from South Carolina. The Giminez team is considered one of the top large animal rescue training programs in the country.



The training was geared toward rescue of large animals which would include anything from a pig to an elephant, or even a semi-load of animals that has wrecked on the interstate. The initial idea is to help rescue the large animal from a dangerous situation, but the real goal behind the training is to save human lives by preventing the loss of human life by doing safe rescues for both the victim and the rescuer.

Two horses and a llama were used to demonstrate several rescue techniques, such as a water rescue, an animal stuck in mud, or an injury to an animal in a remote, hilly location. The three are trained demonstration animals that provided real, hands-on experiences for workshop participants.

The Large Animal Rescue Training was sponsored by the Boone, Kenton, and Campbell County Extension Services, the Northern Kentucky Horse Network, local cattle associations, and local Farm Bureaus.

Work Force Preparation

Today's youth are able to enter the work force at age 14 but for the most part are unprepared to begin the job search process. To help in this area, the Boone County Cooperative Extension Service presented Employment 101 at Jones Middle School. During four class sessions networking, phone etiquette, how to fill out job applications, creating resumes, and interviewing dos and don'ts were taught to 57 students. The program closed on the fifth day with mock interviews with each student. All of the students indicated that they felt better prepared when it came time to find a job.



Health Education for English Language Learners

In the past year we have partnered with the Area Health Education Center (AHEC) to provide health and nutrition programming to English Language Learners. We've also been a part of AHEC's Promotores training. Promotores are trained Hispanic and Latino volunteer educators who provide information to their peers. As a result of the training participants said they feel much more comfortable talking about health related issues.

Improving Lives

In the past year many of our programs have focused on improving the overall health and wellness of individuals and families. We've provided more than 100 individuals with information to improve their financial knowledge or well-being through programs including Estate Planning, Money Talk for Women, and Small Steps to Health and Wealth. Program participants report increased saving, decreased spending, and setting personal financial goals for future success.

Helping people improve their indoor living environment was the focus for several programs offered this past year. Clutterbugs, United has helped more than 50 participants learn more about how physical surroundings affect the entire person and family. At each monthly meeting participants set personal goals, report on their progress toward de-cluttering and organizing their households, and donate items to local organizations. Many participants report they are more able to relax in their living area, have found more energy to get things done around the house, and find less need to prove themselves to others and can simply enjoy things. Several of the participants also have said they spend less money and think carefully before making purchases to be sure the item is something they really need. A program on healthy homes allowed participants to better understand why keeping a clean house is important and the pros and cons of selecting different cleaning products. Many attendees indicated they would reduce the number of cleaning products in their homes. The majority of participants said they will adopt new cleaning behaviors to help improve their homes' indoor air quality.

Home Horticulture

A total of 1,074 people attended 32 classes related to home lawns, landscapes, flowers, houseplants, trees, shrubs, fruits, vegetables, and herbs. As a result, surveys showed 91% now have a greater appreciation and understanding of plants, nature, and horticulture; 86% have increased confidence in how to correctly prune trees; 83% can identify more trees, shrubs, flowers, and weeds; 82% gained skills that helped them in their daily gardening; 80% will plant some of the varieties recommended in the classes; 73% will change how they select, plant, water, mulch, fertilize, and control pests on their plants; and 69% of gardeners will stop applying lime to their soil unless a soil test indicates the need.

When asked what changes have already occurred due to Extension horticulture classes, surveys showed 154 have "more beautiful home landscapes"; 119 have adopted practices to insure cleaner air and water and a healthier environment; and 106 have started composting, recycling, or other environmental conservation practices. Attendees planted a total of over 4,000 shade trees and contributed a total of 4,223 hours of volunteer service to their communities, representing a total value of \$65,000.

Additionally, 88 reported increased real estate values; 86 gained leadership skills, knowledge, and confidence; 63 became “better citizens” and more active in their communities; 53 noted “improved decision-making skills”; and 40 said the information and skills learned in the classes helped them on their job.

Survey responses from all attendees at the home horticulture classes indicated the total value of the savings or gains resulting from implementing Extension horticulture recommendations over the past two years was \$142,100.

Home Is Where the Health Is

Boone County was chosen as a pilot county for a new program called “Home is Where the Health Is.” The curriculum is designed to encourage family bonding, healthy parenting practices, and family mealtime. Research shows that children learn by example. When children are shown love, they learn to love. Children thrive and grow in a happy home. It is vital that parents take care of themselves so they can care for their children.

Research also tells us that kids who eat meals with their families are more likely to get good grades and resist peer pressure.

In Boone County the program was conducted with two groups of mothers. Twenty-two mothers reported they learned three new active ways to have fun with their children. One hundred percent of the participants said they feel better equipped to help their child achieve and maintain a healthy weight.



The women said they learned more about caring for themselves and their families. The program emphasizes teaching by

example. One mother said, “It is so important for me to remember that my son grows at his own rate and I should not compare.” Other participants learned about bonding, mealtime matters, and setting limits.

Participants commented, “I will offer smart snacks” and “I will try to be a good role model and use portion control.” A working mother said she will try to cook more family meals.

All participants learned a great deal and left the program with new ideas and concepts to try at home. It is important for parents to be patient and determined. Our children are our future and even small changes can make a big difference over time. Children learn healthy habits early in life. Kids need proper nutrition now to become healthy adults later.

The Boone County Cooperative Extension Service

We deliver information, education, solutions.

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