

# EXTENSION Today

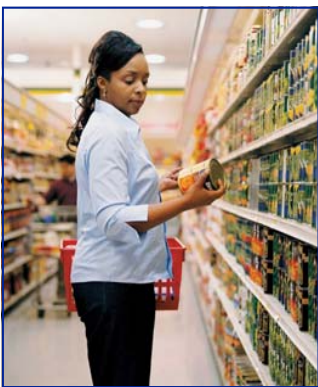
## IN BOONE COUNTY

*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.*

### Improving Lives

Positive health and well-being has been a focus for family and consumer sciences for the past year. Helping individuals understand how to prepare and choose healthy



*Reading food labels for sodium content leads to healthier choices.*

foods was the focus of more than 50 programs taught in the past year. As a result of classes taught on salt and sodium, more than 84% of participants report decreasing the amount of sodium they consume while 82% now check food labels for sodium content. In the program, participants learned that high sodium intake is linked to hypertension, osteoporosis, stroke, and heart diseases. Friday Food Fun Group participants report

feeling more comfortable preparing foods at home, and some reported saving money on groceries as a result of what they learned at the monthly programs.

While food and nutrition programs help participants with their physical health, Clutterbugs United has helped individuals with their emotional and mental health. Clutterbugs participants set personal goals to help them improve their living spaces by reducing the physical clutter in their lives. Many report achieving their goals and improving their ability to make decisions and prioritize.

Financial well-being is another area of focus for family and consumer sciences. Several classes held in the past year helped individuals and families learn to save money or plan for their financial future.

Another area of focus has been working with individuals whose first language is not English. A variety of programs have been held to help English Language

Learners discover how to purchase and prepare common American foods and practice their English speaking, reading, and writing skills. Many participants used the recipes and skills learned in class to successfully prepare foods for their families and friends.

Family and consumer sciences works to improve the health and well-being of families of all kinds. By offering diverse programs in a variety of settings, the goals have been achieved.

### Boone County Extension Homemakers Association

Homemakers are always helping our community by serving and volunteering their time and talent to help others with community projects and events. Over 25,000 volunteer hours were reported this year. They are valued at more than \$500,000 according to the Independent Sector. If you would like to join or learn more about BCEHA, please call Katie Smallwood at 586-6101.

### Reaching Out to Boone County



#### Educational Programs

Programs presented	576
Total participants	26,580

#### Educational Contacts

Clientele visits	2,426
Telephone consultations	6,489
Newsletters distributed	58,722

#### Volunteer Development

Volunteers	882
Volunteer hours	32,833
Clientele reached by volunteers	20,880

## Bullying 101

Too often at school, children in this world have succumbed to the everyday bully, become the bully, or have seen someone get bullied. It doesn't just happen at school. More and more, we've seen widespread "cyber" bullying. This is what happens when someone is bullied through an Internet source, e.g. Facebook, MySpace, Twitter, etc. What effect does this have on our youth? What effect does it have on their future?



*Protect our children from being bullied and harassed.*

StopBullyingNow.hrsa.gov is a government Web site dedicated to stopping this debilitating process. According to the Web site, "15-25% of U.S. students are bullied with some frequency, while 15-20% report they bully others with some frequency." That's at least 1 out of every 5 kids being bullied every day, and the bad news doesn't stop there.

"As many as 160,000 students may stay home...because they're afraid of being bullied." This has a staggering effect on their future. "Sixty percent of boys who were bullies in middle school had at least one criminal conviction by the age of 24." So what can be done?

The Boone County Cooperative Extension Service saw this data as an opportunity to let people know how bullying affects our youth, and reached out to the community. At Collins and Kelly Elementary, we went into the 4th and 5th grade classrooms to discuss the issues of bullying and how to build character. Through this process we helped the students understand bullying is wrong, and kindness is right. At Collins a parent and child night helped the parents understand, through demonstrations, the effects bullying has on their child and other children in the school.

If you know of someone who is a bully or is being bullied, go to [www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov) and find ways that you can be a hero to that person.

## Leadership

Research shows 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 programming to school age students in Boone County. Two hundred and twenty students in grades 4 through 8 participated in a series of classes focusing on leadership, teamwork, conflict resolution, and communication skills. After completing the series, students felt better prepared to work in a team, were more comfortable serving in a leadership position, and increased their communication skills.

## Boone County 4-H Participates in an International Exchange Program

There has been a long and distinguished history of providing Kentucky youth and families with the opportunity to bring the world to their doorstep within the 4-H program! Through international exchange programs such as Labo, Kentucky 4-H families can experience the Japanese culture by hosting someone in their home. The Labo program places Japanese youth between the ages of 12-15 with youth in the host family who are within two years of age of the Japanese child hosted.

In 2010 three Boone County families served as hosts. Two of the families were new to the program. Many families choose to host multiple years after participating in this wonderful program, as did one family from Boone County. Each family has a unique experience and is eager to tell others about the program, which is a great recruitment tool. One parent shared "...my husband and I value diversity in education. While academics are fundamental, there is so much more to 'educating' our young people. Establishing values and principles to live by is critical to the foundation of our society—we need people who have strength of character. One area of character development is doing our best to understand and accept people of different ages, gender, and cultural backgrounds. Our family has absolutely valued and appreciated the mutual benefits of participating in the international programs—of establishing new friendships and, even new 'family' members. We have learned from each other the different struggles of our respective nations, as well as appreciating certain aspects of each other's native country. We value aspects of life differently, thus we live life differently. Yet with all our differences—young boys and girls, men and women—we all laugh, cry, love, and need to be loved. Our family has experienced the joys of opening our hearts, if just for a little while, to love another human being from a completely different culture—to make them a part of our heart and home, and to have the privilege of weeping when we must say '...good-bye.' Yes, the tears mean we'll miss them, but they mostly represent the fact that we know we have had the honor of being loved in return, no matter how different we are."



*Labo exchange student enjoys a day with host family at the ballgame.*

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*(Lourina, 4-H parent and volunteer.)*

## 4-H Camp

The Kentucky 4-H mission statement reads "4-H Youth Development Education creates opportunities and supportive environments for culturally diverse youth and adults to be capable, competent, and caring citizens." The Boone County 4-H program feels that one of the best ways to achieve this

mission is with a strong residential camping program. In July 2010, 128 campers, 21 teens, 10 adult volunteers and 3 agents attended North Central 4-H Camp.



*Campers learn canoe safety.*

Twenty-two instructional classes were offered, covering a wide range of interests (capable). Campers were all required, some for the first time, to clean up after themselves. They were responsible for all cleaning activities in the cabins, dining hall, bath houses, and around the grounds (competent). During their week at camp, campers were mixed and encouraged to make new friends. By the end of the week, everyone was supportive of each other and acting like they had been friends for years (caring citizens).

## The Facts Are on the Table

Eating dinner together every night keeps the doors of communication open. It's the perfect time and place to reconnect and to show your kids they are a priority. Sitting across the table is where and when you can find out more about your children's interests, and daily life. Having family mealtime helps children learn positive activities and behavior, reducing the likelihood that they will get involved with alcohol, tobacco, and illegal drugs.



*Make family mealtime a priority and fun.*

A community event was sponsored and hosted at a local reception hall to emphasize the importance of family mealtime and life skills. There were fifty participants representing twenty-five families. At the event, all families were asked to participate in making recipes and to work on

family communication. Research has shown that family mealtime is beneficial for child development, as well as helping reduce food costs for families. Spending time at home and at the kitchen table helps families physically, financially, socially, and emotionally.

## Commercial & Consumer Horticulture

Three educational programs for commercial arborists, nurserymen and pesticide applicators, and 44 consumer horticulture classes for home gardeners were presented in the past year to a total of 1,810 people. Participants put a total value of over \$360,000 on the savings or gains resulting from the trainings. Over 80% of the 1,433 attendees: will start pruning their own trees, shrubs and fruit crops correctly; learned how to grow higher quality fruits, vegetables, flowers, lawns, trees and shrubs by proper planting, fertilizing, watering and mulching; can identify and will plant, or have planted (since the classes) the specific varieties of plants most resistant to insects and diseases, as recommended; have gained skills that have helped them in their daily gardening and their life in general; have a greater appreciation and understanding of plants, nature, and horticulture; and are able to identify and control more plant insects, diseases and weeds. About 240 class participants believe that as they apply what they learned, it will beautify and enhance their community, and create a cleaner, safer environment. In addition, over 200 participants have reduced the amount of lime and fertilizer they apply each year, based on

Extension soil test results, and 190 individuals started backyard composting. Over 300 people said the classes helped them on their job, and nearly 500 individuals noted the acquisition of practical living skills in leadership, communication, problem-solving, decision-making, and community



*Participants at the 2009 Tomato Tasting Event compared 75 different varieties.*

involvement. As a result of the clientele life changes listed above, 93% of attendees noted a significant positive aesthetic, economic or environmental impact on their landscape, their community or their income. Improved financial status of 308 participants was credited to information gained in the Extension horticulture classes. Attendees planted 361 trees in their communities, representing a total potential real estate value increase of \$722,000. Class participants, including Master Gardeners, Friends of Boone County Arboretum, and the general public, donated nearly 15,000 community service hours, representing a combined value of over \$310,000. Fourteen individuals became Certified Arborists and Certified Pesticide Applicators.

## Boone County Beef Cattle Programs

During the last 10 years, the Boone County Cooperative Extension Service has held educational programs and facilitated cost-share programs to improve beef herds. A total of 140 bulls have been purchased using cost-share funding of up to \$1,250 per bull. Each bull was required to pass a breeding soundness examination before funds were received.

As a follow-up, during the last seven years, the Northern KY Cattle Association, in conjunction with the Cooperative Extension Service, has also provided yearly bull breeding soundness examinations by a certified veterinarian. Two hundred forty-five bulls have been tested. The tests determined if the bulls were healthy and able to breed cows during the upcoming breeding season.

Nineteen bulls have failed the test. Statistics show that these bulls would have been bred to 491 cows. If the owners had not participated in the programs a potential of 491 calves would not have been born. By attending the program the bulls were replaced with tested bulls. Based on current calf prices of \$700 per head the potential loss for the beef producers would have been \$343,700. Even if the calving season was not totally lost, the cow herds would be out of sync with the preferred calving season.

This year, the beef committee identified the need for a hands-on training for cattle handling and working. In the fall of 2009 the Boone County Cooperative Extension Service presented an on-farm cattle handling and herd health working demonstration, using Beef Quality Assurance (BQA) curriculum. As a result, 54 farmers passed a written test and became BQA certified.

According to a follow-up survey, 13 Boone County beef farmers then took the next step by selling 903 source verified (PVP), preconditioned calves in CPH-45 or similar source verified sales. On the average these sales have generated about \$.10 per pound extra profit. On an average 600 pound calf, this is about \$60 or an overall increase of \$54,180.

## Farm Frenzy

Many residents of Boone County have had little experience with farming and little knowledge of how plants and animals are the source of the food they consume. To raise awareness of the relationship between farming, foods and fiber, the Boone County Cooperative Extension Service presented Farm Frenzy: An Experience in Agriculture, to 1,024 Boone County elementary school students in grades 2 and 3. Farm Frenzy also was open to the public on 2 evenings, with over 1,060 community residents learning about agriculture.

Farm Frenzy participants visited ten educational stations on various agricultural subjects. They learned that chickens come from eggs, saw how a cow is milked, learned about the uses of corn and soybeans, saw baby piglets with their mother, learned about horses, visited a pizza garden, learned about a beef cow and calf, saw a modern farm tractor and hay baler, and heard how they need fruits and vegetables in their diet. A hayride tour through the farmers' market rounded out the program. Teachers received curriculum packets for follow-up classroom use.

Comments from teachers revealed that many students now have a better understanding of agriculture. The things that were presented and the presenters that spoke used specific, yet age appropriate terms that connected with the students. A teacher wrote, "Thank you for putting on this program. It is by far our favorite field trip in second grade!" Another teacher wrote, "Many of my students have never been to a farm; therefore, they had no idea how the farm animals and products related to their everyday lives. I think that 2nd grade students are the ideal age to visit Farm Frenzy."




Students learn how corn and soybeans are used in everyday products.

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### The Boone County Cooperative Extension Service

*We deliver information, education, solutions.*  
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