

EXTENSION Today

IN FAYETTE COUNTY

In Fayette 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 Fayette County Cooperative Extension Office is your connection to UK 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.

Living on A Few Acres

Through advisory committee meetings, as well as observations by the Fayette County Cooperative Extension, it was determined that there was a need for additional educational opportunities for new farm owners with acreages of 50 acres or less. In order to address this need, the agents developed a class curriculum, organized educational materials, recruited speakers with experience for each class and eventually presented material for some sessions. This eleven week class offered basic education on a wide variety of topics ranging from growing vegetables to basic beef management and was delivered in the spring of 2007. Thirty-five small acreage owners received over 35 hours of educational training and related materials. All eleven classes received a rating of 8.1 or higher based on a ten point scale. Participants responding to the weekly session surveys and the end of course survey showed that 100% would recommend this course to others and three indicated they had. Furthermore, all thirty five participants indicated that they benefited from taking the course. Over 60% of participants also indicated they had already begun making changes to their operations in areas such as forage production, fruit variety selection, soil testing, registering with KY Proud, devising a restaurant market, and improved cattle facilities as well as several other improvements.

Reaching Out to Fayette County

<i>Educational Programs</i>	
Programs presented	2730
Total participants	25000
<i>Educational Contacts</i>	
Clientele visits	500
Telephone consultations	35000
Newsletters distributed	60100
<i>Volunteer Development</i>	
Volunteers	1025
Volunteer hours	43400
Clientele reached by volunteers	20500



Health Rocks

Research shows that each day 3,000 kids younger than 18 begin smoking tobacco.



Fayette County Cooperative Extension Service planned, facilitated and evaluated a three day camp with six hours of Health Rocks curriculum lessons with 42 youth ages 8-13. Activities included learning how drugs and alcohol impact different people, health and cosmetic effects of using drugs and alcohol, identifying risks and understanding how media affects your choices; and differences between facts and fables were presented by three trained Health Rocks facilitators. An end of program evaluation revealed 94% of the participants learned planned objectives and 100% pledged to be drug and alcohol free. This was a great program we have recently received a \$2000 grant to implement in other 4-H events in the future.

Gardener's Toolbox

Surveys of previous Fayette County Cooperative Extension program participants and feedback from Master Gardeners who interface with county residents identified a need for educational classes about general gardening techniques. A monthly series of gardening classes was developed to teach best horticultural practices to the residents of Fayette County. We call this series Gardener's Toolbox. Topics cover a broad range and include such things as organic and sustainable gardening practices, proper pruning techniques, growing your own vegetables and fruits and health concerns related to

gardening and aging. Programs place a strong emphasis on reduced chemical usage, proper plant selection and sustainable practices. All programs feature a hands-on element to allow people to master skills like pruning, etc.

A total of 102 people participated in Gardener's Toolbox in the past year. Thirty-one completed our year end survey for a return rate of 30%. Eighty-one percent of the respondents reported implementing changes that positively affected their gardening as a result of these classes. Sixteen percent of those responding reported they had started composting, recycling or had implemented other environmentally sound practices. Participants also reported significant savings as a result of these classes. Forty-eight percent report saving \$100-\$500. Another 26% reported saving \$500-\$1000 from the information they gained from the Toolbox series. Of those surveyed, 81% indicated they would share their gardening knowledge with others.

Is My Food Safe?

Bacteria are everywhere—in food we eat, in the air we breathe, on surfaces we touch. A major carrier of bacteria is the human body. All food contains bacteria, but bacteria only grow to dangerous levels when food is mishandled. Mike Osterholm, Infection Control Advisory Network, reports the number of emergency room visits due to food borne illnesses is increasing. He suggests that as much as half of these are caused by food borne pathogens. Increased food borne illness also raises concerns about home and restaurant sanitation. These problems are serious but preventable through public education on how bacteria grow and simple safety precautions. The Fayette County Cooperative Extension Service in conjunction with a local housing center for limited resource residents and Bluegrass Community Action planned and presented workshops for local residents. In 2005-06 over one hundred participants received instruction on food preparation, cooking, and cooling safety procedures. Cross contamination, personal hygiene and storage were also topics of discussion and demonstration. Participants were given a pre- and post-survey to determine increase in knowledge and changed attitude.

As a result of the workshop the following changes in knowledge and attitude took place:

Proper hand washing – 54%; Cross contamination – 11%; Cutting board safety – 38%; Meat/cooking thermometer usage – 31%; Food storage – 50%. Participants were provided notebooks as a reference guide and resource to share with family and friends. A total of \$50,000 was potentially saved as a result of food safety training for 50 persons. (\$1000 per person in costs associated with food borne illness).

Welcome to the Real World

The 4-H Reality Store is a hands-on real life simulation program that gives 7th and 8th graders the opportunity to see what the "real world" is like. Students are given a job and a month's salary from the job. The first reality the students are faced with is having taxes taken out of their monthly salary. On the day of the reality store, students will use their monthly salary to pay for such bills as car payment, housing, utilities, electric, food, insurance, property taxes, health and grooming, etc. Some students found out quickly they didn't make enough money because of their low GPAs, and in turn they don't have enough money to pay their bills for the month.

According to the FDIC Consumer News, the more people understand how to save and manage money, the more likely they are to make smart decisions that affect their finances and their future.

Based on evaluations turned in, 67% of the students said they would definitely try harder in school. Thirty-six percent said they would definitely delay having children after learning how much childcare costs and 56 percent said they would try to save more of their money.

Outdoor Learning Camps Strengthen Learning

According to Land, Legacy, and Learning II: A Master Plan for Environmental Education in Kentucky, "In today's prominently urban society, most Kentuckians, including our children, have little to no contact with those same systems (outdoors). This allowed them to see how natural systems worked and how humans affected them...a significant portion of learning about the environment should take place outdoors." CES designed, developed, implemented, and evaluated a two-day,

single night program known as Environmental Camp. CES partnered with public, private, and parochial school systems to plan a general schedule of education activities during the two-day event. Students participated in a number of activities, including water quality testing, forestry education, and wildlife study. Of the 1126 youth who participated in the program, 96.71% participated and learned water quality measurement through a biological study. In addition to the "Pond Study," 90.41% showed significant gain in identification of native species of trees and the importance of invasive species versus native species. Finally, 73.71% of participants were able to identify and detail a basic understanding of the overall importance of wildlife in the ecosystem. By meeting significant goals in Kentucky Core Content, Environmental Camp has shown an increase in participation of nearly 100% from the previous year.



Fayette County Homemakers

Fayette County is proud to have 563 Homemaker members. Fayette Extension Homemakers volunteered a total of 31,000 hours. According to the Independent Sector, a volunteer hour nationally is worth \$18.77. In Kentucky, a volunteer hour is worth \$15.03. This equates to \$581,870 of value nationally and \$465,930 in the state of Kentucky. Forty-five members volunteered 100 hours or more. For the Extension Homemaker project, "Operation Iraqi Families" Fayette Extension Homemakers donated 1,925 beanie babies and \$275 was donated for postage. Two hundred forty-nine Reach For Recovery Pillows were sewn for breast cancer recovery patients by the Fayette County Extension Homemakers. The Joy of Giving also allowed

Homemakers to visit 10 nursing homes throughout Fayette County. A total of 977 residents received special gifts for family and friends as well as something for themselves. Every club participated in this community outreach project. Homemakers held a traditional tea as the 2007 membership activity. Two hundred attended this occasion and the proceeds benefited the Ovarian Cancer Research Program. The clubs collected \$1,314 this year. In addition, proceeds from pop tabs pay for equipment and toys for the University of Kentucky Children's Hospital. Fayette County Extension Homemakers collected a total of 367 lbs. The Family and Consumer Sciences Extension Agents coordinated all efforts to raise money, as well as advertised all events in local newspapers, radio stations, and television stations.

Down on the Farm



Although Fayette County is ranked second in agriculture cash receipts, approximately 80% of the population lives in an urban setting. Many youth within Lexington are unfamiliar with the farm to table process and have a large disconnect from agriculture industry. To help youth in Fayette County gain a better understanding of how food is produced in our country, Fayette County 4-H and Fayette County Farm Bureau conducted the Down on the Farm Program. Down on the Farm was a three day event for two inner city schools in Fayette County. Over 125 students received classroom instruction on the food production process, the farming landscape, and the importance agriculture has on their daily lives. The students then took a field trip to Evans Orchard where they participated in hands-on activities related to the orchard, corn production and bees. After the field trip, students received a wrap up

lesson in the classroom where a post-survey was completed.

The post survey showed that 80% of participants increased their appreciation for the agriculture industry and recognized that farming is an important career. Two-thirds of participants were able to recognize that the number of farms is decreasing but food production is increasing. Ninety-four percent of participants said the field trip increased their understanding of the food production process.

We Grow Ideas

The Fayette County Cooperative Extension Service

We deliver information, education, solutions.

For more information, contact us at:

1140 Red Mile Place
Lexington, KY 40504
(859)257-5582
Fax: (859) 254-3697
www.ca.uky.edu

Fayette County Extension Agents:

Josh Long
Agent for Agriculture and Natural Resources

Jamie Dockery
Agent for Horticulture

Amelia Brown Diana Doggett
Agents for Family and Consumer Sciences

Eric Comley,

A. Renee Heard,

Jennifer Hubbard,

Kevin Lindsay

Kelley Yates

Agents for 4-H Youth Development