



Youth Get Their Hands Dirty at Environmental Camp

The Kentucky Environmental Education Council believes that the best way to impact long term public opinion and policy is to educate our youth. The Green County Cooperative Extension Service through the 4-H program provided youth an overnight environmental camp for youth to “get their hands dirty.” Green County Cooperative Extension organized the opportunity for fifth grade students to learn practical environmental skills relevant to their science curriculum. School teachers and teen 4-H members were recruited by the Cooperative Extension Office and provide hands-on activities related to soil, water, wildlife, energy, and pollution. Sixty-one students and chaperones experienced hands-on environmental education at the 4-H camp on Lake Cumberland. The youth were separated into small groups and rotated through topics. Students prepared written reflections of their experiences after returning to school. . This was the first time for all students in this type of educational environment. Students were better able to relate their classroom knowledge through their experiential activities to their habits and its impact on the environment in the future.

Youth Learn Safety Skills for Rural America

Nationally, about 100 children younger than 20 years of age die of agricultural injuries on farms and ranches each year, with about one-half of these fatalities involving tractors. Another 33,000 children are injured each year in farming-related accidents in the United States, according to the National Children's Center for Rural and Agricultural Health and Safety.

The Green County Cooperative Extension Service Council and 4-H Teen Club identified the safety of youth in agriculture and the community as a critical goal. The Cooperative Extension Service, serving as the lead organization, solicited support from the Progressive Farmer organization and received support in the amount of approximately \$5,000. The Cooperative Extension Service recruited six partner organizations to assist in providing educational booths on topics like tractor safety, hidden hazards, lawnmower safety, fire safety and first aid. Thirty-nine volunteers presented the agriculture awareness programs with 441 youth in kindergarten, first and second grades. Each youth visited six booths where a short activity was conducted with handouts, posters, and games given to the students.

The “Ag Day” was evaluated through random survey of participants, systematic observations, and personal responses. All students reported they gained at least one new safety skill; all students reported they would check their batteries in their smoke alarms to the safety Day.

GREEN COUNTY



Brenda E. Cook, County Extension Agent for Family & Consumer Sciences retired June 30, 2004 after 33 1/2 years of service. Brenda was very active in serving the citizens of Green County. Brenda helped people improve their lives by educating them through various programs sponsored by the Cooperative Extension Service.

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Center of Kentucky Dairy Short Course

Dairy production makes over 20% of the Green County Agricultural economy. The Green County Cooperative Extension Service (GCCES) has made a strong effort to help meet the dairy producer's needs in Green County. Over the past two years Green County, along with Taylor and Adair, have offered the Center of Kentucky Dairy short Course to area producers. This dairy production program has covered all facets of dairy production including management, forages, nutrition, reproduction, herd health, genetic selection, and environmental management.

Evaluation methods of the program indicated that at least 50% of the participating producers received some sort of financial gain in production while 75% viewed themselves as having improved their practices.

Phase I Tobacco Program

Over the past four years the Green County Phase I tobacco program has been a major thrust of effort by the Green County Cooperative Extension Service. The Green County Cooperative Extension Service along with the Green County Agricultural Development Board, with the aid of Green County volunteers, has distributed over \$1,188,000 in the form of grants to area agricultural producers. Funding has been received to build hay storage structures, fencing, construct cattle handling facilities, forage seeding practices, promote meat goat production, purchase bulls, and development a niche market for locally grown beef. Newsletters, newspaper articles, county educational meetings, and field days have been used to provide the best education possible to aid farmers in utilizing this opportunity. This program has helped the entire community.



Functional Foods for Better Health

Dietary analysis continues to reveal the lack of fruits and vegetables in the diets of Kentucky (Green County) residents. Research also continues to verify that the best source of nutrients, antioxidants and phytochemicals is colorful fruits and vegetables. Therefore, efforts were made to educate the general public on the importance of increasing the consumption of fruits and vegetables for improved health.

Local programs with homemaker's clubs, news articles, and radio programs were used to help educate Green County clientele on the health benefits of fruits and vegetables. A two page flyer entitled, Kentucky Fresh – For Better Health which promotes the consumption of Kentucky grown fruits and vegetables and the new Pride of Kentucky cookbook which contains recipes with the major ingredient(s) being locally grown were also used to help spread the message.

Surveys following the presentations showed 94% increased knowledge of the benefits of consuming colorful fruits and vegetables and 100% indicated they would eat more fruits and vegetables. The office also received some requests for additional information after the news articles and radio spots were aired.

Cleaning... Saving Money and Time

With over 60% of women in the work force, there is a need to expedite the necessary task of maintaining a home for good health, reducing stress and just making a dreaded task easier. Ninety-four Extension Homemaker Club leaders were trained to save time, money, and energy as well as increasing personal skills by utilizing cleaning products more efficiently and using and maintaining the best tools for the job.

All Extension Homemakers in the 10 county Lake Cumberland area with a membership of over 1700 studied this lesson. Green County Extension Agent for Family and Consumer Sciences taught 11 training schools. At each training school, leaders were requested to list a "cleaning" problem they wanted to make easier and/or better. As the lesson was presented, these problems were addressed as well as group discussions brought suggestions for eliminating those problems.

As the conclusion of each training session, each leader was asked to list one or more techniques, new or different products, or equipment she planned to utilize in the future.