

EXTENSION *Today*

IN JEFFERSON COUNTY

In Jefferson 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 Jefferson County Cooperative Extension Service (JCCES) 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.

4-H Camp is "The Best Summer of Your Life"

This summer seven hundred thirteen (713) Louisville youngsters camped at beautiful Lake Cumberland 4-H Camp. For five full days they swam, canoed, hiked, played sports, made crafts, friends and lifelong memories.

For so many of these youngsters it's the first time they've been out on their own. They have to learn to be more self-sufficient and make day-to-day decisions, like what to wear. It may sound trivial, but for these young kids it's a big step in their social and personal development. In written evaluations, campers indicated that they had gained many developmental assets:

- 25% reported they had learned new skills at 4-H Camp.
- 18% reported that this was the first time they had stayed away from home without their parents.
- 22% said they had been in a leadership role for the first time.

The success of the 4-H Camp program is also due to the support and help of one hundred forty-three (143) terrific, energetic and caring teen and adult volunteers.



Seven hundred thirteen (713) 4-H campers had great fun, developed independence, gained leadership skills and had new experiences. One camper seemed to sum it up best: "It will be the best summer of your life!"

Reaching Out to Jefferson County How JCCES impacts YOU!

Educational Programs

Programs presented 916
Total participants 16,510

Educational Contacts

Clientele visits 2,394
Telephone consultations 24,795
Newsletters distributed 16,495

Volunteer Development

Volunteers 1,225
Volunteer hours 24,584
Clientele reached by volunteers 11,826

Telling Our Story

Too often 4-H is described as a “best kept secret”. The 4-H Council concluded we need to share this secret better – and who better to that than 4-H youth themselves! This is how the 4-H Ambassador program was organized.

Ambassadors received training from professionals to build leadership and communications skills. Workshops were held at WLKY studios which provided unique opportunities for youth to meet and interact with reporters and staff. News anchor and 4-H alumni, Ann Bowdan, led a workshop to share communication techniques and discuss careers in communication. The ambassadors observed a live broadcast, adding to their experience. In January, thirteen 4-Hers were members of the first ever graduating class of 4-H Ambassadors.

Our ambassadors have embarked on their mission to go into the community to give speeches and share 4-H stories. Andree’ Chambers spoke to the Jefferson County Board of Education. J’Aron Heard presented his 4-H speech before the Metro Council. Over 20 presentations have reached nearly 1,000 people.

4-H expresses appreciation to WLKY, Norton Healthcare and Kentucky 4-H Foundation for sponsoring this program and the support received from the Toastmasters’ Club.

4-H Ambassadors – telling their stories today – leading the way tomorrow!



4-H alumni and WLKY news anchor Ann Bowdan at the new 4-H Ambassador workshop.

IPM – Landscape Design Maintenance

There are major concerns about the health of our environment. The use of chemicals in our landscapes has an impact not only soil, air and water, but to human health. An Integrated Pest Management Program was held in Louisville in February, 2006 to provide the green industry with management tools to reduce the chances of introducing disease and insects into the landscape, while keeping damage and loss to a minimum.



The strategy behind IPM is to help clientele select the least toxic method of control and to reduce the number of times chemicals are used throughout home and commercial properties. IPM can help identify natural factors that keep pests under control and then develop those checks within a landscape maintenance program. This practice reduces reliance on chemical controls, when safeguards the environment. In addition, it reduces the risk of chemical resistant pests. Also, the IPM approach to the landscape saves money.

Twenty-six companies involved in the training have shown significant changes in their selection of chemical products. Company designs have been modified to include the use of more resistant cultivars of plants, proper placement of plants through the understanding of micro-climates and the use of proper sanitation procedures.

Contacts with a select group of landscapers over the growing season showed 75% had modified their designs and their maintenance, i.e., how they planted, mulched, fertilized and irrigated.

If clients do not have IPM as a part of their maintenance contract, many companies are now recommending the use of low toxicity products.

4-H in Jefferson County Schools

This year, 4-H school clubs continued with the theme “Healthy Habits for Kids” to address the salient issue of childhood obesity, and related health and wellness issues.

In 4-H’s Healthy Habits for Kids, students were introduced to the food pyramid guide, ideas for healthy snacks, and learned how to determine food serving size.

To measure knowledge gained, pre and post-tests were administered to a sampling of students. Results showed that 80% of students scored higher on the post-test.

Our evaluations clearly show that these programs were successful in increasing students’ knowledge and appreciation of the importance of good nutrition and motivating students to improve health habits by exercising regularly.

Another important goal of the 4-H Club is to introduce students to the democratic process. 4-H partnered with the Jefferson County Clerk’s office and the Jefferson County Board of Elections to give students the experience of electing officers using official voting equipment. Students gained a better understanding of democracy and its guiding principles of “one person – one vote”, confidentiality of voting and the importance of the integrity of the process.

To evaluate youth development through 4-H club participation, a sampling of teachers completed a skills checklist. One hundred percent (100%) of teachers responding indicated that club officers carried out their responsibilities and practiced leadership skills, while all students learned parliamentary procedure.

Additional comments from teachers included:

- *Officers showed improved self-esteem.*
- *Students became more organized and responsible in completing tasks.*
- *Almost all gained more self-confidence and better speaking voices.*
- *Motivation was high.*

Master Food Volunteer Program – Over 42 Programs Reaching 3,244 People



The first graduating class of the Master Food Volunteer Program, Fall 2005.

In support of good health the Master Food Volunteer Program held its first training session in March and April. It consisted of classes held on five consecutive Tuesdays from 9:00 a.m. to 3:30 p.m. One topic centered on basic nutrition with emphasis on its impact on diabetes and heart disease, which are two of the leading medical conditions in the state. Additional topics included were international foods, organic foods, and working with certain targeted populations.

Speakers were provided by JCCES, with local chefs and state-wide representatives from food councils and associations also being utilized. Pre-tests and post-tests were completed for the training and the objectives were achieved.

Sixteen volunteers were recruited from diverse backgrounds and age groups, including one male in the class. Members of the class complete certification by contributing a minimum of 30 hours of approved service to the community. Over 42 programs were held and 3,244 people were taught nutrition education. Many volunteers have taught cooking classes at 4-H camp, provided nutrition education to preschoolers and seniors at their nutrition sites, judged food fairs, helped with teachers’ in-service trainings in nutrition and assisted local chefs. Volunteers have six months to return their hours. 62% have already achieved that goal. Although most volunteers have returned their hours, they continue to volunteer in the community.

Master Gardener Volunteers Teaching Gardening to the Community

As citizens of Jefferson County become more health conscious, requests for gardening information increases. In response to that need, a Master Gardener class was held in fall 2005. Fifteen Master Gardener interns returned 614 hours of service. Educational activities included a speakers' bureau, question & answer booths at garden tours, judging 4-H county fair, children's garden classes, and demonstrations at horticultural events. Master Gardener interns have taken 233 calls from home gardeners. They are involved in designing and maintaining three demonstration gardens.

Some of the programs Jefferson County Master Gardeners have conducted within our community are:

- Thirteen "Pack & Go" one-hour programs were developed and given at libraries by 23 people with a total attendance of 135.
- A 5-week garden program series for youth was created with 80 students attending the sessions.
- Master Gardener interns taught 3 sessions of a "Lunch & Learn" gardening and nutrition program targeting workers in 3 metro government office buildings, a hospital and supporting doctors' offices. Attendance was 28.

Did You Know?

The Horticulture Hotline received nearly 8,000 phone calls last year from home gardeners.

502-569-2344

*Hotline hours: Monday – Friday
9:00 a.m. – 12:30 p.m.
2:00 p.m. – 3:30 p.m.*

Reaching Out to the Community with Nutrition Education Programs



EFNEP Assistants teach pre-schoolers about the new Food Pyramid guidelines.

The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded program conducted by Cooperative Extension Service using trained program assistants to seek out limited resource families. The families are taught lessons emphasizing four main areas:

- dietary quality
- food safety
- food security
- food resource management

The Jefferson County EFNEP assistants taught over 200 limited resource families basic nutrition lessons this last year. 100% of the families made improvements in their dietary intake. Planned meals using the food guide pyramid and reading nutrition labels on food products has caused 48% of our involved families to consume a higher quality diet. 67% of the families increased the frequency of being physically active for 30 minutes each day.

It was recognized that breakfast is one of the most important meals of the day. 25% of the families have begun feeding their child breakfast, while 32% demonstrated improvement in hand washing and practicing safe food handling.

By use of a grocery list to guide food selections, over 25% of the families learned to plan meals ahead of time. A 15% improvement was shown in food price comparison shopping.

Do You Have a Monthly Budget?

Many people in today's society do not budget their monthly income. This is so for the men and women at the Healing Place, which is an organization that helps people dealing with substance abuse and alcoholism.

To help the Healing Place with their monthly budgeting, JCCES, in cooperation with the UK College of Agriculture, provided monthly classes to men and women. These classes went over the basics of bill paying, savings accounts, emergency funds, credit reports, and retirement accounts.

Over fifty men and women participated in these classes learning to budget each paycheck and only to buy necessities. Many learned to save for big ticket items and not to use credit cards. Others realized that they need to stop living from paycheck to paycheck. The classes helped many learn how to deal with money, pay their bills, buy necessities, and still have money in the bank at the end of the month.

Farm Safety Field Day

On June 29, 2006 "Crossroads Farm Safety Field Day" was held at the Butler family farm in Jeffersontown. Over 450 people participated in this event impacting the surrounding counties, as well as, the communities of Jefferson County. The main goals were to teach and show safety precautions that are needed to be knowledgeable in operating a farm.

Demonstrations and booths were set up throughout the farm ranging from water and electrical safety, demonstrations on the proper use of ATV's, tractors, and farm equipment. This field day was very informative to the farming and urban communities that encompass Jefferson County.

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*We deliver information,
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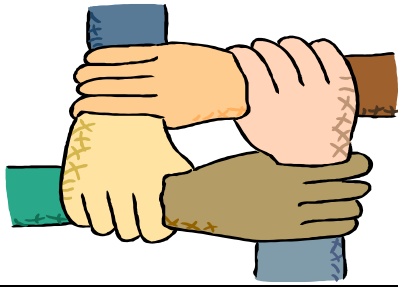
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Jefferson County Cooperative Extension Service receives funds from federal, state, and local government resources to provide services that increase the quality of life in our community. These funds, along with the leadership and support of our elected officials and volunteer, create the success of our programs.

The Jefferson County Cooperative Extension Service would like to recognize and thank the volunteers who serve in leadership roles for the 2005-2006 year:

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