

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 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.

New Farmer's Market for Southwest Jefferson County



In the continuing effort to help more citizens have fresh local produce in their neighborhood, Jefferson County Extension Service was instrumental in developing collaboration with Metro United Way, Southwest Ministries, US Rep. John Yarmuth's office, Metro District 14th Council's office –Bob Henderson and community representatives. After seven months of planning, *The Southwest Farmer's Market* opened June 2008. This first season seven vendors participated in bringing fresh produce weekly to market. To help with sales and increase variety of foods, a pilot Cooperative was developed by Extension. This venture united backyard gardeners to grow crops and split market fees and booth work time. Opening day had over 300 visitors purchasing spring greens, local eggs, honey and meats as well as fresh baked goods. Throughout the growing season, the weekend market saw over 3000 customers.

To assist the Southwest community in healthy eating and learning more about local food sources, Extension utilized its staff and volunteer programs such as Master Gardeners and Master Food Volunteers. To champion the idea of eating local, The Mayor's Healthy Hometown Program had a coalition of workers including Extension staff assisting in a Chef's Cook-Off. This event was attended by 700 shoppers.

This is the second farmers' market organizational committee in which Extension has taken a leadership role. Extension's mission and efforts will continue to play an active role in supporting community based coalitions matching local farmers with community leaders.

Reaching Out to Jefferson County



Educational Programs

Programs presented	14,974
Total participants	16,088

Educational Contacts

Clientele visits	2,087
Telephone consultations	16,398
Newsletters distributed	15,986

Volunteer Development

Volunteers	1,294
Volunteer hours	21,142
Clientele reached by volunteers	10,340

Project Developing New Farm Enterprise

In order to help assimilate refugees into our community, a project was developed to increase independent living and job skills. The Jefferson County Extension Service was asked to share gardening expertise as part of the *Refugee Agricultural Partnership Project*. Somali Bantu, Russian Turks, Southeast Asian, Carin and African Burundi attended three classes on gardening in



Kentucky. The goal of this project was to teach refugees who were farmers in their former homeland to become farmers in the U.S. They learned that soil, climate and crops differ greatly from their native regions. In order to apply these new skills in Kentucky, 76 participants rented 92 garden plots in 2 Extension managed community gardens. Garden visits were made to inspect garden plots for insects and disease. The Partners in the *Refugee Agricultural Partnership Project* are Catholic Charities, Kentucky State University, Community Farm Alliance, University of Kentucky and the Jefferson County Cooperative Extension.



Good Agriculture Practices

In a time period where the public hears and feels the impact of food safety Extension provided the training to Farmers on the safety and quality of food brought to Farmer and Roadside Markets.

As a partnership with Ky Dept of Agriculture, Public Health and Extension provided 30 Jefferson County and surrounding counties growers The GAP training (Good Agriculture Practices). Contamination of raw fruits and vegetables is one of the greatest issues with food safety. Training those directly involved in selling farm fresh produce to consumers on how to properly handle and wash food can reduce the impact of food-borne illness. This training covered various pathogens and measures of how to abate contamination.

The results of this training are now being seen at various farmer and roadside markets. Growers are demonstrating and practicing food safety at the markets as a direct involvement of Extension.

Growers recognized the need for this training and estimate it will increase their quality assurance from farm to consumer as well as increase the confidence of purchasing local fruits and vegetables.

“Nutrition from EFNEP to LEAP!”

Nutrition assistants and volunteers were involved in teaching “LEAP (Literacy, Eating and Activities for Preschoolers) for Health” curriculum. This 10 books series teaches children about staying healthy, being physically active and eating more fruits and vegetables. LEAP was taught to nine Head Start classes reaching 143 children ages 3 to 5. Children loved tasting kiwi, fruit and yogurt smoothies and veggies with dip. “*DW the Picky Eater*” book was a favorite among many children because DW and her brother Arthur are familiar PBS TV characters.

Newsletters sent home to families have the recipes and other health information learned during the lessons to help reinforce new behaviors. Teachers

report that kitchen time is a wonderful tool for teaching math, counting, measuring, seeing how food changes when cooked and teaching how to clean up!

Teacher evaluations show that:

- 98% reported children tried newly introduced fruits or vegetables
- 92% reported children asked for a fruit or vegetable for a snack
- 92% reported the children consumed fruits and vegetables at mealtimes
- 98% of the children could name at least one or more health benefit of eating fruits/vegetables
- 100% reported the children participated in physical activity



EFNEP Assistant Clarissa Cheatwood reading *“The Very Hungry Caterpillar”*

Jefferson County Extension Homemakers

The Extension Homemakers Clubs empowers individuals and families to improve their quality of living through continuing education, leadership development and community service.

Some of the Homemaker's on-going community projects include partnering with the Kentucky Refugee Ministries to furnish an apartment for a family of seven from Burma. Today, the Maugh Chit Aung family lives in a furnished three-bedroom apartment in south Louisville because of the Raggedy Ann Homemakers club. Approximately \$11,000.00 worth of items was donated in furnishing the apartment. “You feel like you’ve adopted this family



and you need to care for them in every way you can,” said President Mary Quinn.

The Homemaker Club members have volunteered over 900 hours, valued at \$13,500. They have helped this family overcome the challenges of settling into their new country which will help them become successful citizens while assisting in the economic development of Louisville Metro.

“Master Food Volunteers – Extension Reaching Out!”

“I want to try the kiwi – I’ve never had kiwi before” said one 13 year old. Another, a 16 year old, said that she likes cooking with her friends because “I like to try new things.” These were a few of the comments from residents at Maryhurst, the oldest child welfare agency and residential facility for teenage girls in Kentucky. It is one example of the diverse settings in which Master Food Volunteers help expand services of the Jefferson County Extension Service.

The Master Food Volunteer Program was started in 2006 to empower its citizens to make healthier lifestyle choices based on recent health statistics. Kentucky ranks 2nd in the nation for percentage of overweight adults and one in two Kentuckians is at risk for developing diabetes. The Program was developed on the premise that a group of volunteers could reach more people and complement the extension agents and nutrition assistants in teaching proper eating habits.



Volunteers receive 30 hours of nutrition education and to date 57 trained volunteers have given over 1,500 hours service, taught more than 270 nutrition classes and reached in excess of 6,300 youth and adults. They have also worked with the Mayor’s Healthy Hometown Program teaching proper portion sizes, encouraging the beneficial effects of eating fresh fruits and vegetables and stressing the importance of choosing healthy snacks.

Jefferson County 4-H Ambassadors Produce Promotional Public Service Announcement

- “4-H means opportunities.”
- “4-H is life changing.”
- “4-H is finding a family within a family.”
- “4-H makes me a better person day by day”.

These are just some of the profound statements made by 4-H youth in the newly released 4-H Public Service Announcement. 4-H alumni had a lot to say about what 4-H meant to them as well. CEO of WHAS Crusade for Children, Rebecca Jackson, Judge Irv Maze and WLKY news anchor, Ann Bowdan all gave testimonials about their experiences in 4-H.

The PSA ends with the ambassadors inviting other youth to “discover what 4-H can mean to you”. The 4-H PSA was written, performed and produced by Jefferson County 4-H ambassadors through the

wonderful cooperation and support of WLKY32. The PSA is being aired on WLKY32, so, be watching!

The project to produce a PSA was undertaken to help raise awareness and understanding of Extension and 4-H. It was felt that, in a large metropolitan community, the general public is not always aware of 4-H or understand its urban relevancy. Who better to tell the 4-H story than the 4-H youth themselves? With the support of WLKY32, the youth were able to express what 4-H means to them and to share that message through mass media.



4-H Ambassadors with Debbie Roberson at WLKY

4-H is a **community** of **young people** across **America** who are learning **leadership, citizenship** and **life skills**.

COOPERATIVE EXTENSION



A Crime, A Clue and YOU

It was a chaotic “crime” scene – trash strewn about, overturned mattresses and a mean-spirited note left by the ringleader. Who would do such a thing? This was a mystery to be solved by young sleuths attending the first ever 4-H CSI camp held at Otter Creek Park on August 1 and 2, 2008.

Taking on the role of Crime Scene Investigators, 4-Hers collected evidence, took pictures, made notes and carefully studied the crime scene for any clues they could find.

Marilyn Chynoweth, Crime Scene Technician from the Louisville Metro Police Department, introduced the 4-Hers to forensic science and how law enforcement uses it to solve crimes. Using real crime lab materials, they learned to dust for fingerprints and lift prints from collected evidence. A shoeprint found at the scene was measured and photographed. They analyzed their findings and continued to look for corroborating evidence. A torn shirt left fabric fragments at the scene. Through experimentation, it was shown that the shirt was made of cotton. Now the investigators are getting very close to solving the mystery. To solidify their suspicions, they utilized paper chromatography to analyze the ink from the suspects’ pens.



CSI Camp participants dusting for fingerprints

In their journals, 4-Hers carefully kept notes on their investigative findings. In groups, they shared their findings and came to a consensus as to who was responsible for the vandalism of the camp cabin. Each group reported on their conclusion and presented their reasoning and evidence.



The CSI camp utilized the new 4-H Science, Engineering and Technology curriculum. “The goal of SET is to expose youth to science and technology so that they will be better prepared for high tech careers of the future,” said Chanda Hall, 4-H agent. Statistics show that only 5% of college students graduate with a science, engineering or technology undergraduate degree compared to 66% in Japan. If America is to remain competitive in a world-wide economy, we need to expose and interest more youth in these fields of study. Kentucky 4-H’s goal is to engage 50,000 new youth in Science, Engineering and Technology programs by the year 2013.

More Than You Imagined!

Jefferson County 4-H
Selected highlight from the
2007 – 2008 Annual Report

Total Youth Reached	7,446
Total Youth (ages 8-13)	4,786
Total Teens (ages 14-19)	2,660
Total Volunteer Leaders	580
Total Youth in Communications	1,621
Total Youth in Camping	530
Total Youth in Health and Wellness	3,937
Total Youth in Personal Development and Leadership	4,259

Jefferson County Cooperative Extension Staff.....

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Many thanks to our volunteers...

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

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**The Jefferson County
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We deliver information, education, solutions.

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