

EXTENSION Today



IN KENTON COUNTY

August 2009

In Kenton 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, horticulture and community and economic development. The Kenton 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.

Horticulture Highlights

- ◆ 21 horticulture education classes were offered to over 500 home gardeners last year. Participants report adapting best management practices to build better gardens while saving money. Classes focus on sustainable practices for everyday gardeners and UK research materials.
- ◆ A Horticulture Day Camp was held last summer for 14 children over the age of 9. They learned how to grow their own food, how to identify native plants, methods of composting, making natural dyes, and bird house building.
- ◆ Over 50 participants engaged in "How to Grow Cut Flowers for Market" field day last year. Post surveys revealed that demonstration of sustainable practices and topical discussions have encouraged numerous producers to add cut flowers to their crop production.
- ◆ Extension participated in America Recycles Day by distributing literature from UK and Northern KY Consolidated Waste Council at a local Kroger. 200 reusable grocery bags were donated by Kroger and stuffed with literature and upcoming program information. A compost bin and educational guide was given away that day.
- ◆ "Home Harvest", a five week series, was held for urban neighborhoods. City gardeners learned how to produce fruits and vegetables in small land-



scapes. At the conclusion of the series they were given seed and plants for their gardens.

- ◆ With the help of certified Master Gardener volunteers, Extension grows 4 large demonstration gardens for public education each summer. Gardens are regularly toured as a part of class discussion and field days. Produce from the gardens is harvested by volunteers for local food banks, personal use, and an annual volunteer appreciation dinner at the extension office.
- ◆ Extension offers Enabled Gardening instruction on a monthly basis to residents of Rosedale Nursing Home in an effort to motivate and increase client's mobility and overall quality of life. Together gardeners grow ornamental flowers and vegetables for personal consumption.
- ◆ Extension horticulture programs partner with Northern KY Urban Forestry Council, Baker-Hunt Art and Cultural Center, Covington Greens and Rivers Committee, Covington Business Council, Northern Kentucky Health Department, Kenton County Libraries, Farmers' Market Councils, and Catholic Charities to maximize impact in horticulture programs.



Horticulture Educational Highlights

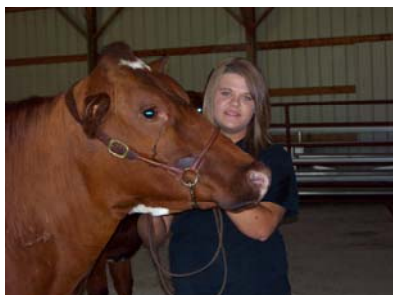
- Extension has offered recommendations for over 400 horticulture soil samples.
- Extension replied to over 2000 horticulture phone and email inquiries this year.



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

4-H Youth Development Highlights

- ◆ 4-H Youth Development served 2,367 youth participants.
- ◆ Served 465 Community Club members who participated in a variety of activities including market animals, production animals, companion animals, gardening, science, arts, photography, home economics, foods, speeches and demonstrations, honors program, resume event, and more.
- ◆ Led 90 school clubs that met 630 times with 1,993 youth participants. These clubs focused on leadership development, world culture, natural resources, weather, nutrition and consumer education.
- ◆ Instructed 64 members in sewing projects ranging from beginning to advanced clothing construction, quilting and home accessory projects.
- ◆ Involved 39 4-H'ers in leader-led animal project groups.
- ◆ 15 youth and adult 4-H leaders generated 13 marketing opportunities for the youth in the market livestock program.
- ◆ Involved 170 4-H adults as club leaders, project leaders, activity volunteers and event judges.
- ◆ Demonstrated non-point source pollution for 230 4th grade youth.
- ◆ 204 primary grade school youth learned about embryology.
- ◆ Educated 110 youth in 4-H Safe Sitter classes.
- ◆ Engaged 700 Kenton County youth in public speaking and demonstrations; 136 advanced to the county communications event, 11 advanced to the multi-county communications event, and 5 participants advanced to the State level.



- ◆ Showcased 41 4-H'ers who participated in the Fashion Revue and 29 in the Variety Show.

- ◆ Challenged 43 youth to develop a business in Mini-Society and 546 participated in other consumer education programs.
- ◆ 289 youth explored diversity through cultural education programs.
- ◆ Engaged 113 youth in horse programs including horse camp, drill teams, county, district and state horse shows, contests, horse judging, horse scholarship opportunities and the riding/driving recognition program. Created new 4-H Horse Reality Store program cooperating with a UK Equine Sciences student. This program has been utilized by 170 4-H members.
- ◆ Instructed a series of 10 natural resources lessons for 201 Covington area 4-H'ers, 41% minorities from underserved, economically disadvantaged audiences, including a multi-day camp during spring break for youth.
- ◆ Involved 179 new middle school youth participants in "Step Up to Leadership" school enrichment programs.
- ◆ Introduced 4-H to 21 new Clover Bud youth; Clover Buds are the future of 4-H.
- ◆ Implemented hands on 4-H Science and Social Studies activities to 683 students in 7 Covington schools.
- ◆ 35 underserved children attended "Incredible Edibles", where they learned healthy eating habits.
- ◆ Had 267 4-H youth projects entered in the Kenton County Fair and 83 4-H Kenton County projects advanced to the Kentucky State Fair.
- ◆ Collaborated with Simon Kenton, Dixie Heights, Ludlow and Tichenor Schools to plan, conduct and evaluate four 4-H Reality Stores, reaching 1159 youth and involving 136 volunteers.
- ◆ Instructed 124 youth in healthy food choices, safety and physical activity.
- ◆ Involved 86 4-H members in 12 summer day camp programs.
- ◆ Engaged 67 volunteers and campers in overnight 4-H camp. This is the highest number of campers since 2000.
- ◆ 24,365 newsletters were distributed.
- ◆ 22 youth sewed pillowcases and donated 64 to a local homeless shelter in a service learning project.
- ◆ 84,688 educational contacts were made by 4-H agents and assistants.



Family and Consumer Sciences Highlights

- ◆ 615 youth were provided relationship building skills and nutrition information for transitioning 6th graders at Summitview, Twenhofel, Turkeyfoot and Two Rivers Middle schools.
- ◆ 55 parolees attended the “Tackling the Tough Skills” class and 7 probation officers participated in “Calming the Storm,” a 6 week series on stress management. It is scheduled to repeat in fall 2009.
- ◆ Due to the stimulus package for new home buyers, First Time Homebuyer Education Classes were taught to 15 individuals to assist them with the process and to enable them to take advantage of special loans created by Rural Housing.
- ◆ 21 adults attended “Living on a Reduced Income” taught to parents at Biggs Early Child Development Center in Covington.
- ◆ 110 “Grandparents or Relatives Raising Grandchildren” were impacted by the programs offered through the extension service.
- ◆ 87 students were affected by classes taught quarterly at Beechwood Middle School in FCS as part of their Anti-Bullying strategic plan that is required by recent legislation.
- ◆ Due to the relationship established with Mental Health of America, the County Extension Homemakers began a community service project making curtains for limited resource clientele who were transitioning from rehabilitation group homes to their own apartments. Eight apartments are being fitted with curtains as a result.
- ◆ Classes taught to 32 consumers on the following topics: Selling on the Internet, Shopping on the Internet, and Identity Theft.
- ◆ 41 attended a 4 week series of technology classes on basic computer skills and digital photography.
- ◆ Financial management classes, “Surviving Tough Times” and “Living on a Reduced Income,” were taught to 16 families to assist with financial strategies. The classes covered food buying tips, weekly spending logs, spending guidelines and plans, ways to save money, and starting a food pantry. Ways to cut costs after a lay off or a reduced income were also stressed.
- ◆ Resume writing and Interview skills was taught to 62 individuals during the year.
- ◆ The Boone and Kenton County Cooperative Extension Service offered three hands-on food preservation workshops with 43 participants attending. Attendees canned carrots and tomatoes and learned about properly freezing and drying products.
- ◆ The Boone and Kenton County Cooperative Extension Services led a 10-week weight control and healthy lifestyle workshop for 26 local residents. Program partici-

pants attended weekly educational programs that included a weigh-in, presentation, and physical activity. At the end of the 10-week program participants had collectively lost 204 pounds. Five people lost 15 or more pounds during the program.



- ◆ Several different exercise series were conducted to help our seniors improve their circulation, flexibility, and coordination. 30-session spring and fall series were conducted through the extension office and the library, instructing a total of 140 participants, and including up to 40 participants per session.
- ◆ 107 adults were reached through “Stretching Your Food Dollar” classes conducted through 15 interested Family Resource Centers in Kenton County.
- ◆ 344 adults were reached through educational programs sponsored by the Homemakers.
- ◆ Kenton County Homemakers hosted a craft and food sale, plus other fund raising events, resulting in raising \$2000 in scholarship funds to be given to high school seniors. In addition, homemakers sponsored one Fair award and provided much needed hand sanitizer to the petting zoo during the Kenton County fair.
- ◆ A three part series on diabetes and a diabetes update seminar reaching 30 people were held.
- ◆ First annual 2nd Sunday program was held in conjunction with the city of Erlanger, Health Department, and the Kenton County library. This statewide effort will happen again on October 11, 2009.
- ◆ The FCS program reached over 300 adults through a variety of beginning and intermediate sewing classes. Classes are held on single session and ongoing series basis.
- ◆ Over 200 food safety, preservation and home care calls were answered.
- ◆ The updated FCS web page provides current food safety, food preservation and home care information to those preferring to receive their information via the web.
- ◆ 691 limited resource children were taught how to make healthy snacks, keep food safe and the importance of personal cleanliness through after school and summer programs.
- ◆ 95 limited resource adults were reached through ongoing programs at the senior centers, senior housing units, and the Wrap House. Regular visits are made to the WIC office and Be Concerned to distribute information.



Agriculture Highlights

- ◆ Due to housing expansion into rural areas of Kenton County, the farming community is concerned with loss of farmland that will forever change the character of Kenton County. The Kenton County Agriculture Advisory Council and Kenton County Agriculture and Natural Resources Agent did extensive research of non-farmers, farmers and professional planning staff of the Northern Kentucky Area Planning Commission in an effort to gauge the attitude of the issues that come with this rapid expansion. A survey was mailed to 30 farmers, 30 non-farmers, and the 10 professional planning staff members of NKAPC. Findings of this study are being shared with the Agriculture Advisory Committee for further consideration.
- ◆ The Kenton County Extension Service held a conversational Spanish class for members of the Northern Kentucky Goat Producers, who determined that a map written in Spanish would help individuals locate farms raising meat goats. The Cooperative Extension Service partnered with the Northern Kentucky Area Development District and created a map in English and Spanish that assists these producers. Maps have been distributed to the Hispanic Resource Center which resulted in local farms now having access to this market. In addition a Goat Field Day was held and attended by 75 people. Agents, UK and KSU Specialists, Kentucky Department of Agriculture officials and NRCS employees presented information.
- ◆ The average expense for a hobby horse is over \$3000 per year. Kenton County residents participated in a three night program for anyone considering buying their first horse. Agents, members of the equine industry, and Kentucky Horse Council educators were the instructors of the program. The goal was to provide enough information for the participants to make a good first horse choice. Topics covered were veterinarian care, day-to-day horse care, facility requirements, tack and equipment, pasture management and nutrition needs.
- ◆ For the second year Kenton County women were invited to be part of Annie's Project, which expanded in counties for a total of 5 counties in Northern Kentucky. Six Kenton County women participated in the 6 three hour

The Kenton County Cooperative Extension Service

We deliver information, education, solutions.

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sessions covering production, writing a business plan, marketing, financial, legal and risk management. Agents taught sessions, recruited special presentations from local lawyers, and University of Kentucky Family and Consumer Sciences Specialists. A 2008 Annie's Project graduate shared her success story with this year's participants. She credits the program with providing the information and motivation she needed to create an effective business plan that has led to a successful value-added venture.

- ◆ 20 small acreage landowners in Kenton County were introduced to a variety of information in "Farming 101" conducted by the Boone, Kenton and Campbell County Agriculture Agents. The seven session program included in-depth information on Beef, Forages, Forestry, Goats, Agritourism and Farm Record Keeping.

Agriculture Educational Highlights

- ◆ Over 200 agriculture soil samples were processed
- ◆ More than 9000 agriculture contacts were made this year.
- ◆ Four Phase I programs were offered to Kenton County farmers.
- ◆ Six women participated in Annie's Project.
- ◆ Forty-five Kenton county farmers joined the Northern Kentucky Cattle Association.
- ◆ Twenty-two urban residents attended the Home Harvest vegetable gardening class held in Edgewood.