

EXTENSION Today

IN KENTON COUNTY

The Kenton County Cooperative Extension Service is 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 will read some key numbers in this report. Numbers do not show you the people or the impact of our work. The rest of this report shows the faces behind some of the numbers.

Family & Consumer Sciences Highlights

- 1150 adults benefited from 75 FCS classes in health and fitness, nutrition, food safety, job preparation, financial matters, family life, computer skills and clothing construction.
- 258 adults were reached through educational programs sponsored by the Kenton County Homemakers
- Kenton County Homemakers

- held their annual craft sale in the fall, plus held several other fund raising efforts, resulting in giving over \$2200 in high school and 4-H scholarships.
- Kenton County Homemakers completed a community service project with the Mental Health Association in Northern Kentucky by making 32 pair of curtains for clients transitioning into their own apartments. Homemakers also made 50 dresses for young girls. These were distributed in Haiti and Northern Kentucky.
- Food preservation is increasingly popular in Kenton County. 183 adults were reached through hands on preservation workshops, general training sessions, and public education booths this year.
- As we age, using our balance becomes an important issue to avoid falling. Two separate 8-part series of the program "A Matter of Balance" were held in cooperation with the Kenton County Library, reaching 29 adults. These workshops include exercises that adults can do during and after class to strengthen their bodies and improve balance.



Cathy Kunkel-Mains shared experiences from her trip to Ghana during the Homemakers International Month Program.

Reaching Out to Kenton County



<i>Educational Programs</i>	
Programs presented	1,015
Total participants	13,349
<i>Educational Contacts</i>	
Clientele visits	862
Telephone consultations	2,900
Newsletters distributed	71,711
<i>Volunteer Development</i>	
Volunteers	416
Volunteer hours	32,589
Clientele reached by volunteers	4,895

- Two 8-part series of health lessons were taught to adults at BAWAC featuring easy exercises, healthy snacks and emphasizing the importance of drinking water over sugary soft drinks.
- Cristo del Rey sponsors a program twice a year called "Health Promotores" and the Extension office serves as an educational partner. 31 adults were educated on the food pyramid, food nutrients, exercise importance, and cancer prevention strategies.
- The "Never Say Diet Again" program features 10 weeks of strategies, including health lessons, food choice assistance, and exercise options. The 22 participants involved this year reported learning strategies to control their weight, increase their exercise, and improve their lifestyle health overall.
- TV continues to be a good way to reach new audiences. Two food and health sessions were taught on our local insight cable channel. In addition, a lesson on family mealtime tips and importance was taped by the UK College of Agriculture Communications and shown on YouTube.
- The importance of food safety was taught to 36 adults through a workshop held in conjunction with the Free Store/Food Bank. Food bank workers com-

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Agriculture Highlights

Agriculture highlights for the past year included a variety of program efforts aimed at the needs of Kenton County residents.

- Over the past few years, the extension service in Kenton County has heard from several residents who are interested in raising their own chickens for either eggs or meat for their own consumption. For the third time, Kenton County Agriculture Agent offered a Backyard Poultry class. This class is designed to answer the basic questions residents would have about raising chickens for eggs or meat. Many of the people expressed an interest because they felt that their own fresh eggs and meat would be better quality and would not contain medicated feeds or growth hormones.
- One of the struggles of a volunteer organization is ensuring that the organization is strong enough to continue into the future. Because of our close affiliation with the Northern

Kentucky Horse Network the Northern Kentucky Ag Agents have identified volunteer management as a need. Kenton County Agriculture Agent was instrumental in providing leadership development programs aimed at this new organization.

- In the spring and winter of 2010 the Kenton County Cooperative Extension Service held two round table sessions for the agriculture community as a way of showing them the value in volunteering. We collaborated with Farmland Working Group of Campbell County, Hamilton County Conservancy, Kenton County Conservation District, and Farmland Trust to illustrate how volunteers have made differences in their causes. These round table discussions were attended by more than 30 individuals involved in the agriculture industry. The Agriculture Agent reported these round tables to the South Kenton Working Group.

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Family & Consumer Sciences

Highlights - Continued from page 1

pleted training sponsored by the Extension Office to help ensure that they are following safe procedures when handling and distributing food to the needy.

- Sewing is still a big interest in Kenton County. 247 adults were reached through hands-on workshops held to teach beginning, intermediate and advanced sewing projects by the Extension Agent, Assistant, and Master Clothing Volunteers. Kenton County is fortunate to have 6 of these trained volunteers to assist and lead various workshops.
- The Harvest Celebration was developed by the agents to give a special thank you to our Extension leaders and legislators, plus to spotlight the gardens at our office. Master Food Volunteers and office staff worked to produce tasty



Joyce Hildreth, Kenton County Homemaker and Master Clothing Volunteer won Overall Grand Champion at the Kenton County Fair.

dishes from the foods produced by the Master Gardeners and staff.

50 participants enjoyed the bounty and were recognized for their outstanding service.

- 215 adults in northern Kentucky learned new techniques to provide nutritious, safe meals by using their slow cookers.
- 141 seniors participated in various exercise

sessions conducted to help them improve circulation, flexibility, and coordination.

- Over 500 limited resource children and adults were reached through ongoing programs at senior housing units, afterschool programs for youth, and in-school and summer nutrition programs.
- Working as a county team, a three-day day camp with 13 4-H'ers was held. Information on taking photos that illustrate a story with a digital camera for entries into the county fair was presented.
- With the housing market still slumping, many homeowners are taking this opportunity to reinvest in their home instead of purchasing new. A workshop on "Investing in your Home" was taught.
- Kenton County residents' lives get busier and busier, with more emphasis placed on how to manage their Time effectively. Two sessions of classes were taught as a Homemaker Leader lesson and one class was taught to the general public, focusing on managing time to accomplish lifetime goals.
- As companies rely more on computer resources to find new employees, job seekers must be proficient in getting their job skills information to employers. The Kenton County Extension Service's Family and Consumer Science Team continue to provide workshops that address strategies and interview techniques to assist in the job search. Networking with the Kenton County Library to market the classes. 43 Kenton County residents attended resume writing and interview skills sessions.
- Due to continued demand, technology classes were taught on digital photography, basic computer skills, identity theft, and internet shopping skills to 52 consumers over an 8-week period.
- Networking with agencies that serve limited-resource populations continues to be an avenue to provide educational information with decreased staff.

4-H Youth Development Highlights

- 4-H Youth Development served 4,623 youth participants.
- Served 810 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 95 school clubs that met 630 times with 2,338 youth participants. These clubs focused on leadership development, world culture, natural resources, weather, nutrition and consumer education.
- Instructed 108 members in sewing projects ranging from beginning to advanced clothing construction, quilting and home accessory projects.
- Involved 36 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 272 4th grade youth.
- 576 primary grade school youth learned about chick embryology.
- Educated 35 youth in 4-H Safe Sitter classes.
- Engaged 1,459 Kenton County youth in public speaking and demonstrations; 141 advanced to the county communications event, 11 advanced to the multi-county communications event, and 3 participants advanced to the state level.
- Showcased 24 4-H'ers who participated in the Fashion Revue.
- Challenged 18 youth to develop a business in Mini-Society and 924 participated in other consumer education programs.



Community service project participants filling Easter baskets for needy families and 4-H Fun Food and Fitness 2010.

- 292 youth explored diversity through cultural education programs.
- Engaged 77 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.
- Instructed a series of 9 natural resources lessons for 272 Covington area 4-H'ers, 41% minorities from underserved, economically disadvantaged audiences, including a multi-day camp during spring break for youth.
- Involved 241 middle school youth participants in "Step Up to Leadership" school enrichment programs.
- Introduced 4-H to 18 new Clover Bud youth; Clover Buds are the future of 4-H.
- Implemented hands-on 4-H Science and Social Studies activities to 689 students in 7 Covington schools.
- 38 underserved children attended "Incredible Edibles," where they learned healthy eating habits.
- Had 456 4-H youth projects entered in the Kenton County Fair and 124 4-H Kenton County projects advanced to the Kentucky State Fair.
- Collaborated with Simon Kenton, Community Christian Academy, Dixie Heights, Ludlow and Tichenor Schools to plan, conduct and evaluate four 4-H Reality Stores, reaching 1272 youth and involving 139 volunteers.
- Instructed 111 youth in healthy food choices, safety and physical activity.
- Involved 214 4-H members in 12 summer day camp programs.
- Engaged 82 volunteers and campers in overnight 4-H camp. This is the highest number of campers since 2000.
- 26,400 newsletters were distributed.
- 13 youth sewed pillowcases and donated 64 to a local homeless shelter in a service learning project.
- 83,109 educational contacts were made by 4-H agents and assistants.

Agriculture Highlights - Continued from page 2

- The Northern Kentucky Goat Producers (NKGPP) ventured out to try a marketing strategy to engage and educate the public about meat goats. The first ever Goat Expo was held one Saturday at a local Tractor Supply. NKGPP members had the option of displaying animals for immediate sale or simply promoting their farm's goat herd. Eight producers were at the event; all of them brought animals that were for sale. Nineteen goats were sold during the event.
- Kenton county farmers participated in a Farm Transition program aimed at helping farmers pass along their family farm to another generation of farm operators. The farm

families that attended the workshop indicated the average value of their estates to be around \$500,000.00. Respondents indicated through the survey instrument that as a result of attending this workshop, they had already realized a savings to the families of \$10,000.00 to \$50,000.00 by sowing the seed for the next generation. Kenton County had two families represented at this Farm Transition Program. Both families have begun working on their family's transition plan.

- Other agriculture programs included the horsemanship programs, youth livestock programs, Beef Quality Assurance (BQA), Master Cattleman, Pasture Renovation, Home Harvest Vegetable Gardening Series, and Bull Soundness Field Day.

Horticulture Highlights



Riddle-Yates Community Garden in Covington.

- 32 horticulture education classes were offered to over 600 home gardeners last year. Participants report adapting and using best management practices to build better gardens while saving money. Class topics varied but all focus on learning sustainable UK research-based practices to improve community horticulture.
- The third Horticulture Day Camp was held last July; 15 children attended the three-day camp to earn about raising fruit and vegetable gardens garden-to-table cooking skills, identifying native

trees, composting to manage home waste, and growing butterfly gardens among other activities.

- Extension offered a 3-week series last fall titled, “Greener Living Series,” to promote “**see blue. go green.**” a UK initiative to promote reducing, reusing, and recycling in our communities. 21 participants learned together about composting, organic gardening, home energy conservation, recycling locally, and greening up for the holidays. Participants responded that they would use presented practices in their home.
- The third “Home Harvest” series was offered by Extension at the Center for Great Neighborhoods in Covington this spring. 37 participants attended the 4-week series to learn about growing fruits and vegetables in small spaces. Participants were given seed and transplants to start their gardens at the conclusion of the series. Representatives of three existing and four new community gardens attended the program.
- Extension partnered with the Northern Kentucky Urban and Community Forestry Council to offer a Public Workers’ Tree Seminar earlier this spring. 131 public workers, groundskeepers, and certified arborists attended the program. A total of 276 certified arborist CEUs for 46 participants and 392 pesticide CEUs for 56 individuals were obtained as a result of this program. 668 total hours of CEUs (estimated value, \$7,000 - \$10,000) were granted in full. Post-seminar surveys indicate that Extension is responsible for helping keep or find 16 participants employment; additionally, 15 participants indicated that Extension and the NKY Urban Forestry Council helped them build self-confidence, leadership skills, and public speaking skills. Out of 80 survey respondents, 74 indicated that they learned best management practices that will positively change their method of caring for trees as a result of this program.
- Extension hosted the 2010 NKY Master Gardener Program for 31 participants. Master Gardeners were trained in advanced horticulture courses for 14 weeks before graduating and becoming volunteers in the community. Master Gardeners volunteer their time creating horticulture opportunities at local schools, in community gardens, parks and arboretums, and at local Extension grounds.

The Kenton County Cooperative Extension Service

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COOPERATIVE EXTENSION



- Extension offers Enabled Gardening instruction on a monthly basis to residents of Rose Dale Nursing Home in an effort to motivate and increase client’s mobility and overall quality of life.
- Extension added to their growing Outdoor Education Center this year by adding two additional garden plots to demonstrate cover cropping, high-tunnel production, and strawberry production, in addition to their existing two plots of fruit and vegetables and two plots of cut flowers. 24 native trees were also added to the Center this year to initiate a Native Trees of Kentucky Walk.
- Extension has offered recommendations for over 350 horticulture soil samples this year.
- Extension made over 11,000 horticulture related contacts this year.



Center for Great Neighborhoods of Covington.