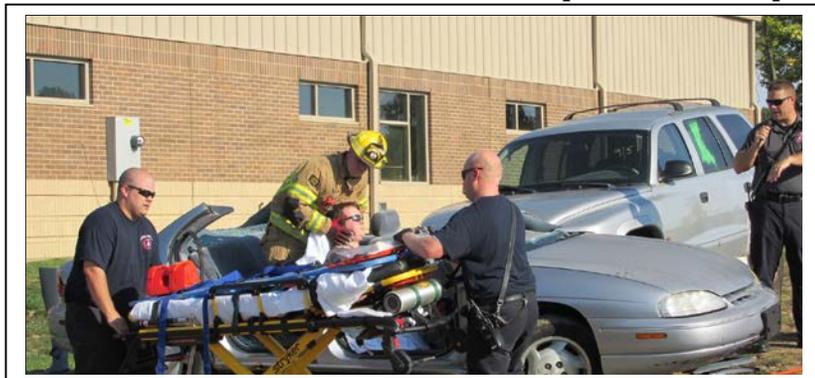


EXTENDING KNOWLEDGE *Changing Lives*

IN CAMPBELL COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.



A mock crash demonstrated how the Central Campbell Fire District follows a strategic plan during an automobile accident.

Extension Provides Driver Safety Program for Teens and Their Parents

Teens On Wheels addresses the need for teen driver safety in the community.

In the Driver's Seat is a condensed program mandated by the Court of Justice for juvenile offenders and their families.

District Court Judge Karen Thomas has been a key collaborator for **Teens on Wheels** and is the reason **In The Driver's Seat** was developed. Judge Thomas shared that "The programs support the concept of restoration justice which is the cornerstone of juvenile justice reform. There are no other programs that serve the Court of Justice and both teens and parents in Campbell County. Young drivers making bad decisions are a cost to the community in property damage, expending time of police personnel who have to appear in court, and the court's time. **In the Driver's Seat** provides an educational program for young drivers that acts as an alternative to adult traffic court consequence. The juvenile offenders and their family can avoid or reduce fines, court cost, and increased insurance rates by attending **In the Driver's Seat**."

The **In the Driver's Seat** program allows juvenile traffic offenders to avoid court costs of \$144.00 and their parents avoid fines that range from \$10 to \$100, points assessed on their teen's drivers' license and possible increase of insurance rates.

Priority Program Efforts

- A total of 359 people are now involved in addressing significant community issues
- 614 youth made an impact in their community through service projects
- 123 local residents implemented practices that promote sustainable agriculture
- 40 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 529 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 2,127 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 288 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 2,343 youth and adults either demonstrated informed and effective decision-making skills or increased practical living skills.
- 176 individuals incorporated new or additional conservation practices.

River Sweep Volunteers Clean the Ohio River

Litter is the most visible sign of pollution. It is unsightly and can cause harm to people, wildlife and our waterways. It encourages pest animals as well as the spread of germs and disease. Litter is wasteful, costly to clean up, and affects the way tourists view our state. (Source – E.P.A.).

River Sweep, a litter collection event, is sponsored by the Ohio River Valley Water Sanitation Commission and the Foundation for Ohio River Education. This nationally recognized event is one of the largest of its kind, encompassing 3,000 miles of shoreline from the headwaters of the Ohio River to its entry into the Mississippi River. The sponsors need the support of local groups like the U.K., Campbell County Cooperative Extension Service and the Campbell County Solid Waste Department to host a site, recruit volunteers, provide a safe and productive working environment, and to report on litter collection efforts.

This year's event occurred on Saturday, June 20, 2015, at Pendery Park along the Ohio River near Melbourne, KY. Only 7 people volunteered this year but collected 1,850 pounds. Since 2010, 115 people, including students, have donated 230 hours of service and have collected 10,000 pounds of litter from the banks of the Ohio River at Pendery Park. In that six year period, 1,300 fourth grade students received solid waste management lessons focused on litter prevention through reducing, reusing, and recycling, from the Cooperative Extension Service.

Campbell County Detention Center offers an Urban Commercial Farm

The Campbell County Detention Center offers an urban commercial farm that sells produce to local restaurants and markets. After one year in production, over 5,000 lbs. of produce was harvested resulting in \$6,000 in sales. The money generated from sales will roll into the overall operational costs to continue the project for years to come.

Collaboration with the County Detention Center, the Campbell County Cooperative Extension Service, Brighton Community Center, SNAP-ED, and local volunteers and donors; this urban commercial farm has brought much success to the community and those involved.

Initially, many of the workers were unfamiliar with much of the produce. After many hours working in the garden this spring and summer, the men were more open and willing to try new foods and had a

better appreciation and understanding of farming and fresh food. In fact, three of the men showed an interest in agriculture and would like to pursue an agricultural career.

Situated on one-half acre, lay 72 raised beds, each with drip irrigation. Utilizing Best Management Practices and growing organically on this urban farm has brought some challenges, but overall satisfaction for this first year in production.



Raised beds with drip irrigation at the Campbell County Detention Center

4-H Country Ham Project

The 4-H Country Ham Project gives young people the opportunity to learn about food preservation and the time honored tradition and history of curing country hams. This project continues to grow in popularity in Campbell County.

The project begins in January when each participant receives two raw hams. Project members must trim the hams, apply cure mix, and rehang the hams until August, right before the Kentucky State Fair. In preparing for the fair, the hams are cleaned and the best one is selected to go to Louisville to be exhibited at the State Fair.

On opening day of the fair, the 4-Hers go to the fair and give a 3-5 minute speech on a pre-selected topic, such as "how to cure a country ham" or "how to cook a country ham." Consequently, communication skills are also gained by participating in the project.

The hams are judged on aroma, lean to fat ratio, shape and cleanliness. Both the ham scores and the speech scores are combined to select the champions in each age division, as well as the overall champion and reserve champion. Next, the hams are exhibited at the Alexandria Fair and then taken home to have for a special meal.

For more information on this or any 4-H project or activity, contact the Campbell County Cooperative Extension Service Office.



Jed Martin wins class champion on his 4-H Country Ham at the 2015 Kentucky State Fair

Healthy Me Day Camp

According to the President's Council on Fitness, Sports & Nutrition, only one in three children are active every day and 28% of Americans ages 6 and older are physically inactive. 40% of the calorie intake for children 2-18 years of age come from empty calories from added sugar and solid fats; most of which come from sodas, pizza, fruit drinks, desserts and whole milk.

A Healthy Me Day camp for Campbell County youth was created to teach youth about the importance of eating a balanced diet following the MyPlate guidelines and participating in physical activities each day.

During the day camp, youth participated in the making of two healthy snacks and a healthy lunch. Youth were introduced to ways to make an ideally "unhealthy" item healthier; for example, youth made individual pizzas on a whole wheat English muffin and added low-fat cheese, and vegetable toppings to make it a healthy meal.

During the day camp, youth participated in Zumba fitness and were taught that 60 minutes of exercise is recommended each day. Finally, to end the day, youth participated in a "Fear Factor" game where they spun a wheel to determine what new kind of fruit or vegetable they would try in order to win points for their team.

At the conclusion of this program, a brief survey was conducted with the youth. In the survey, 90% of the youth stated they had tried a new fruit or vegetable that day and 85% of the youth were more open to trying healthier food options at home.

Nutrition Education

The Campbell County Nutrition Education Program Assistants, Melissa Pilcher and Carol Palmieri, are seeking partnerships with agencies and individuals who can benefit from their free programs. Melissa and Carol work with families and individuals who would like new and fun ideas for feeding their families healthy foods while saving time and money. Please call the UK Cooperative Extension Service at 859-586-6101 for more information about this FREE program.

2015 National Youth Science Day



Students testing the "Motion Commotion" experiment for 2015 National Youth Science Day

The Campbell County 4-H program expanded a few years ago by hiring 4-H Program Assistants. Because of this expansion of staff, there has been an increase in 4-H school clubs in the county. Two elementary schools now have a total of 4 new clubs that are focusing on Science Engineering & Technology or SET.

The 4-H program assistants sent letters to teachers and principals with programming options. Teachers chose SET because of the alignment with the state's common core standards. There are three 4th grade clubs with a total of 92 students and one 5th grade club with 15 students.

Lessons include: Fossil Excavation, Snap Circuits, Chick Incubation, Junk Drawer Robotics, Marshmallow Catapult, Reduce, Reuse, & Recycle, and Wind Energy.

End of the year evaluations from the teachers have been very favorable. One teacher commented, "this program enhanced and enriched our current science program".

Substance Abuse Prevention and Intervention Education

In order to address the strong need for substance abuse prevention and intervention education, the Campbell County Extension Agents for 4-H and Family and Consumer Sciences collaborated with the family and youth resource coordinator at Dayton Middle/High School to reach 62 eighth graders with the program, Truth and Consequences: The Choice is Yours.

A total of 19 community partners and adult volunteers were involved. Truth and Consequences: The Choice is Yours, hands-on curriculum taught the students about the physical, legal, financial, and emotional consequences of substance abuse.

End of the program written evaluations showed the following: 1) 98% of the students said that they developed a better understanding of the **legal** consequences of substance abuse; 2) 95% developed a better understanding of the **health** consequences of substance abuse; 3) 90% developed a better understanding of the **emotional** consequences of substance abuse; 4) 84% developed a better understanding of the **financial** consequences of substance abuse; and 5) 98% said after today's program that if they had a substance abuse issue, they would be able to **access help in the community**.

87% of the students said Truth and Consequences might flash through their mind if they were put in a situation that would result in serious consequences. 75% of the community partners said they gained awareness of the drug problem and impacts of substance abuse in our county, and 75% also said they gained knowledge of the resources that are available for substance abuse in our community.

Some of the comments from the students were the following: "This has seriously changed my perspective on substance abuse. Thank you. I think this would be amazing for anyone to go through and learn from it."

"I learned that one bad choice could ruin your life."

Dayton High School Truth and Consequences participant

Farm Transition Planning

As farm operators age, transferring the ownership, management and assets of the family farm/business to the next generation, is one of the most important issues farm families will face. To address the issues of farm transition and farm estate planning, the Campbell County Agriculture and Natural Resources Agent developed a Farm Estate Transition Planning seminar.

Thirty-four farmers participated in the all-day seminar which addressed topics such as: communicating with family members, getting documents in order, being "fair" does not always mean being "equal," transitions and estate planning options, how to develop a transition and estate plan, legal issues, and tax laws. Participants received a resource packet containing publications and contact information from the University of Kentucky and Ohio State University, to assist them in addressing their farm transition and estate planning needs.

Based on a post program evaluation, participants changed from a "poor to fair" level of understanding farm transition and estate planning, to a level of "good to excellent." All participants said they planned on implementing at least one succession or estate planning strategy in the near future. Participants also indicated that developing and implementing an effective communication plan, was the most important step farm families could do to get started on developing a farm transition and estate plan.

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**The Campbell County
Cooperative
Extension Service**

*Extending Knowledge,
Changing Lives*

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