COOPERATIVE EXTENSION 2016

University of Kentucky College of Agriculture, Food and Environment

Kentucky State University College of Agriculture, Food Science, and Sustainable Systems

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.

371 4-H campers and counselors Summer 2016

4-H Camp Continues to Grow In Campbell County

Kentucky 4-H Camp objectives for 4-H campers are to: learn practical skills, develop effective interpersonal relationships with adults and other youth, and develop socially acceptable behavior, personal standards and values for Living.

The Campbell County 4-H Program fulfilled these objectives in 2016 when it took the largest number of youth to camp that it has taken in several years. Three hundred nine (309) campers attended North Central 4-H Camp for five days in July and 59 adult & teen counselors were an integral part of the camping week by demonstrating responsibility and leadership as part of the camp team. Counselors went through multiple hours of training, both through modules and face-to-face. Classes such as canoe, challenge course, nature, archery, crafts, recreation, rifle, and kayak were offered. As a result, 290 of the campers made new

Priority Program Efforts

- A total of **307** people are now involved in addressing significant community issues
- **734** youth made an impact in their community through service projects
- **44** local residents implemented practices that promote sustainable agriculture
- **19** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **554** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **2,241** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **247** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **658** youth and adults demonstrated informed and effective decision-making skills
- **43** individuals incorporated new or additional conservation practices

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friends and tried something new at camp. Nearly 95% of campers felt good about something they accomplished at camp. A returning part of 4-H camp this year was the Outpost, a primitive type of camp for 12-14 year old boys. Campers at the Outpost get a taste of regular camp in addition to sleeping in a tree-covered area and enjoying a campfire with their

Deborah Myers (pictured in red) Emerald Award

4-H Achievement Program

The 4-H Achievement Program gives youth experience in setting goals, keeping records, planning and organizing, completing tasks and working efficiently and effectively both individually and with others. In the process, youth learn to develop and practice communication skills through interviews, filling out forms and completing PowerPoint presentations. The program also utilizes motivation and incentives, which are important in positive youth development. 4-H Youth Development Programs provide opportunities for creativity in a "learning by doing" environment and encourage youth to become involved in projects and activities that develop life skills, such as leadership and citizenship. Awards include scholarships and trips to state and national leadership conferences.

There are different levels of achievement; Emerald is the highest award. Only four teens in the state of Kentucky are recognized with the 4-H Emerald Award each year. Campbell County 4-H was proud to have Deborah Myers (pictured above in red) recognized during the State 4-H Teen Conference as an Emerald Award winner for 2016! She received a $1,000 college scholarship and a trip to the National 4-H Conference in Washington, D.C. Deborah is our County's third 4-H'er to achieve this honor since the program started in 2012. Past winners were Julia Steffen and Hannah Myers. Campbell County 4-H youth and their achievement levels this year include: Emerald and Gold – Deborah Myers; Gold – Micah Myers; Clover Level 5 – Kelly Cropenbaker and Derek Schadler; Sliver – Gracie Wright; Clover Level 4 – Samantha Webster; Bronze – Anya Deaton and Lydia Deaton; Clover Level 2 – Syd Fillhardt, Daniel Myers and Trevor Schadler; Clover Level 1 – Jed Martin and Mitchell Webster.

4-H Financial Education

The 4-H Reality Store program is designed for middle and high school students to learn about the cost of "life" and help them better understand the concept of managing money. Six schools in Campbell County participated in the Reality Store Program with a total of 1,500 student participants.

Before the program, students had a discussion about wants and needs, saving money, and the cost of the necessities of life. The students are then told they are 25-years-old and will manage a monthly budget. The students chose a career path in which they are interested and the monthly salary is determined. The career choices are decided based on the student's GPA to show the students what they do in the classroom will affect them later in life as well. The students are also told the number of children they have.

Students visit booths such as Uncle Sam, where taxes are taken out of their "pay checks," housing, transportation, child care, groceries, and more, to pay their monthly bills. All booths have different cost options, the cheapest options have the necessities and the more expensive options have extra luxuries. Students learn to make wise financial decisions often times coming back to a booth to get a cheaper option because they quickly ran out of money.

Students also have the opportunity to visit the SOS booth if they are running low on money. At the SOS booth, a volunteer sits with them and helps

them figure out where they can cut costs and talks with them about the dangers of going into debt.

At the conclusion of this program an evaluation is given to the volunteers and to the students. Nearly 75% of students reported they learned a lot about the importance of making wise financial decisions. One student said, “I learned how much you have to budget your money. I didn’t understand how much you have to save to have a good or even normal life.”

Extension Provides Support to Manage the Emerald Ash Borer

Since its discovery, the Emerald Ash Borer (EAB) has killed hundreds of millions of ash trees in North America, caused regulatory agencies and the U.S.D.A. to enforce quarantines and fines to prevent potentially infested ash trees, logs, or firewood from moving out of areas where EAB occur, and cost municipalities, property owners, nursery operators, and forest product industries hundreds of millions of dollars (Source: Emerald Ash Borer Information Network).

The University of Kentucky Campbell County Extension Agent for Natural Resources and Environmental Management has developed a multi-faceted program to address this pest. Trees are being distributed to help reforest Campbell County. On April 21, 2016, 6,500 trees were distributed with the assistance of Cub Scout Pack 395. Over 750 people received trees and planted them on their property. In the last three years, 15,000 trees have been distributed within Campbell County. One hundred fifty (150) students planted trees through Arbor Day Programs this spring. In the last three years, 525 students have planted 1,000 trees at their schools and their communities, while learning the benefits of trees.
Most importantly, people are receiving fact-based, non-biased information they can trust through education on treatment options and efficacy, cost comparisons on treatment versus removal, and self-treatment options. One client recently provided the following comments through a testimonial: “From the first phone conversation, DJ answered my questions with clarity, thoroughness, and the heart of a teacher. He has been an advisor, an educator, and a pleasure to work with. He helped us identify and prioritize the trees to treat. This was invaluable when we began talking to tree services, whose proposed treatments and timing of treatments were not always research based. DJ made us aware that becoming a pesticide applicator was possible. He gave us the names of people and resources to locate the exam site, find appropriate study materials, take the exam, and become licensed. He also helped me find a local vendor of the proper equipment and pesticide. Any time I had a question as I navigated the process, he had the answer or pointed me to someone or

FCS Agents serve at a local food pantry

someplace that did. Being able to inject the 21 ash trees myself will definitely save us money; it is saving us $1,200 a year.”

St. John Lutheran Church Food Pantry

The Campbell County Cooperative Extension Service conducts food demonstrations with tastings to an average of 40 participants at the St. John Lutheran Church Food Pantry each month. The program
focuses on collaborating with the church and the USDA to assist the participants with better utilization of commodity foods in recipes from the Supplemental Nutrition Assistance Program and the Plate It Up Kentucky Proud Project. Some of the recipes being utilized are: pot pie, peach cobbler, fruit salad, spice/chocolate cupcakes, broccoli cornbread, white

turkey chili, chicken/tuna/rice casserole, and salsas. End of the year evaluations were conducted for 2015-16, revealing that of the 40 participants surveyed, 90% stated that the demonstrations have helped them in their meal preparation and helped them become more creative in using their USDA foods in recipes that were demonstrated. Some of the creative tips and recipes included the following: using dry milk, more soup ideas, making food go further by using the foods received at the pantry, making new dishes, feeling better about eating, easy

Crops harvested from the Lakeside Commons Educational Gardens produce 57,000 meals

food preparation methods, and experimenting with new combinations of foods. Sixty-five percent (65%) of the participants have made the recipes that were demonstrated.

Campbell County Extension Horticulture Shares

Dedicated Extension Horticulture staff, volunteers and Master Gardeners plan, maintain and prepare crops harvested from the Campbell County Cooperative Extension Lakeside Commons Educational Garden. The crops are used for County programs and are also donated to the Hosea House soup kitchen in Newport, Kentucky.

Over 700 pounds of produce have been harvested this growing season to teach healthy eating lessons and proper growing techniques. The crops have contributed to feeding over 57,000 individuals whose meals were prepared and served at Hosea House.

"The best part of 4-H Camp is meeting all new friends every year. I look forward to that week every summer."

-Autumn A.

Providing access to research based information for growing methods, proper harvesting, and safe food preparation and using Kentucky Proud recipes of fresh, local produce has improved the health of those persons involved and increased their knowledge and skills to implement sustainable gardening and cooking practices at home.

Homesteading and Farm Start Programs

For the past several years there has been a significant increase in the number of requests from new landowners asking for assistance in developing agriculture/horticulture activities on their land. To address this need, Campbell, Kenton and Pendleton County Agriculture and Natural Resource Agents developed two, nine-session programs called Homesteading and Farm Start.

The Homesteading Program was for novice landowners who wanted to start small-scale, sustainable agriculture production practices that allow them to live a more self-sufficient lifestyle. Farm Start was a more comprehensive, whole farm management program that taught participants the basic foundation of production, marketing, management, and networking needed to develop a successful farming operation. These two programs helped landowners better understand the natural resources of their land and select a farming enterprise that fit their personal goals. Over 80 individuals participated in these two programs. Plans are to extend this series of classroom programs to include field days and farm tours for this group in 2017.

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