

EXTENDING KNOWLEDGE *Changing Lives*

IN KENTON COUNTY

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

Extension Service is Expanding

In 2000, the Kenton County Cooperative Extension staff and County Extension Council indicated the need for a second location to serve in the urban areas of Kenton County. This resulted in leasing the Durr Annex location at the K-Mart Shopping Plaza in Edgewood to serve as a meeting and classroom facility. For three years the Kenton County Extension District has been looking for property to expand and improve this educational facility. The Kenton County District Board received a \$500,000 grant from the R. C. Durr Foundation for the acquisition of property adjacent to the Kenton County Library on Kenton Lands Road in Erlanger. We would like to thank the R. C. Durr Foundation for their continued support of the Cooperative Extension Service's mission to take the University to the residents.



Robert C. Ziegler, Board member, R. C. Durr Foundation, at the Closing with District Board Chairman Bob Tewes and Attorney Matthew C. Smith.

Priority Program Efforts

- A total of **29** people are now involved in addressing significant community issues
- **40** youth made an impact in their community through service projects
- **331** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **1225** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **512** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **182** youth and adults demonstrated informed and effective decision-making skills



Volunteer feeding calf with children taking tour.

Kenton County Farm Tour

In September we celebrated the fifth annual Kenton County Farm Harvest Tour. The Farm Tour provides a great educational experience for the community. This self-guided tour links farmers to all county residents by promoting locally-grown products. This free family friendly event continues to be a huge success! The farms voluntarily open their farm gates to educate consumers where their food comes from, how to grow their own food, and

demonstrate soil and natural resource conservation practices. The Cooperative Extension Service has collaborated with the Kenton County Fiscal Court, Kenton County Farm Bureau, Conservation District, and Kentucky Department of Agriculture to promote this event.

Thinking About Tomorrow

People are living longer. Kentucky's current population of seniors (65+) is 13.3%, (over 11% in Kenton County) a number that is expected to double in the next 40 years due to the aging Baby Boomers. Approximately 25% of Kentucky's population includes Boomers, who, in 2011, started turning 65. Meanwhile, babies born in Kentucky in 2011 are projected to live to be 75 years of age. One of the UK Cooperative Extension Family and Consumer Sciences initiatives reflects the importance of programming for this important part of our population to celebrate the changes that accompany aging, in regard to health, independence and life quality throughout all stages of life.

To address family and financial concerns for this older population, the Kenton and Boone County Family and Consumer Sciences Extension Agents presented the four-part series, "Thinking About Tomorrow," in the spring of 2015. 108 men and women attended one or more of the sessions led by local experts and Cooperative Extension specialists. Topics covered included: Leaving a Legacy, Financial Issues and Aging, Legal Considerations for Aging, and Funeral Homes.

As a result of attending the programs, 58% of participants designated a Power of Attorney, talked with their family about the location of their important documents, completed or updated their will, and considered their funeral wishes with family and local funeral homes. This series introduced many new individuals to Cooperative Extension programming, as 45% indicated this was their first program with the Kenton County Extension Service.

Social Media Impact 2015

In a new survey conducted in September 2014, the Pew Research Center found that Facebook remains by far the most popular social media site. 52% of online adults use multiple social media sites. Other platforms like Twitter, Instagram, Pinterest and LinkedIn saw significant increases over the past year in the proportion of online adults who now use their sites. In an effort to increase the FCS Extension presence on social media sites and to begin to produce online educational videos, a Family and Consumer Science Program Assistant was hired. The social media presence has increased the marketing capacity by utilizing Facebook, Twitter, YouTube, and Instagram on a daily basis. Followership on these sites has increased by 95% and the ability to reach clientele at all age levels with educational research-based information in their home or on their phone has opened up a much larger outreach. A 4-part video series on "Hiking for your Health" is in the beginning phases of development. Each video will feature a walkable trail in Kenton County and will teach people proper form, safety, healthy snacking, and increasing physical activity. The first of the series has been posted on

the Kenton County Extension YouTube Channel. The hiring of the assistant has benefited all three FCS agents in multiple ways. Kenton County is looking forward to increasing the demographic of the participants at all of the Extension programs.

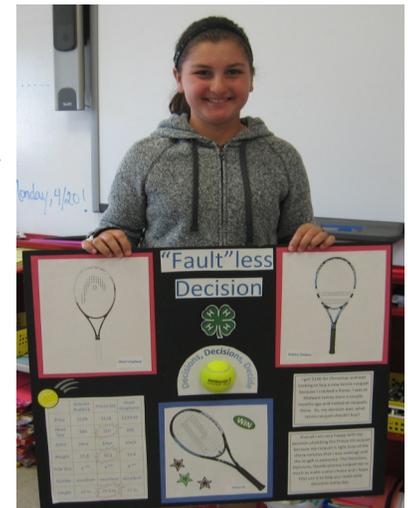
Money Talk: A Financial Guide for Women

A five-week series, "Money Talk: A Financial Guide for Women," has been taught for the past four years in Kenton County. This program assists women in addressing their financial needs. There are sessions on insurance, investing, estate planning, and basic financial education such as budgeting and credit. Networking with local industry experts enhances the program with up-to-date resources and real world experiences. The insurance analyst who has been with the program from the beginning commented that, "It takes some individuals a year after the program before they are ready to discuss their financial future." As a result of this program, participants have sought further assistance from professionals, others started an estate plan, some return to a particular session such as investing saying, "They now know the right questions to ask," while others began the sometimes difficult conversations with their families on financial matters.

4-H Money Sen\$e

Most young people have little confidence in their money skills according to an Equifax study. As few as 10 hours of instruction can be enough to improve youths' spending and saving habits according to the National Endowment for Financial Education. Recent years of tough economic times have increased awareness of the need for financial literacy.

Extension advisory groups have identified financial life skills as essential for youth, but lacking for many young people. The Kenton County Cooperative Extension Service 4-H Youth Development program offered three different programs to help youth learn good fiscal habits. Nearly 700 youth participated in 4-H hands-on lessons/activity sessions in Spend, Save or Share, 4-H Money Sen\$e, or Consumer Savvy. In Spend, Save or Share, 6th grade youth learned an economic decision-making process. Each participant put their knowledge to practice following the decision-making steps to purchase a consumer product. Each youth wrote a narrative and then created a poster explain-



Katherine shows her blue ribbon consumer poster.

ing their project. These projects were entered into the county fair. Ninety-two percent of the youth reported learning how to use/save money in the real world. One youth summed up the collective experience: “I learned how to make a decision in a correct, thorough and easy way. I know that I will use this information later in life.” *4-H Money Sen\$e* and *Consumer Savvy* are geared for 5th grade youth. Youth learn the distinction between needs and wants, understand scarcity and opportunity cost, as well as developing skills related to consumerism including problem solving and critical thinking. Teachers testify to the impact of 4-H consumer programs. “This curriculum helps prepare students for standardized testing.” “I really feel like the 4-H program is what made my students proficient in economics.” “The hands-on real life experiences were great for the kids, and always kept the students engaged and interested.” These youth have learned how to wisely handle their financial resources and make informed consumer decisions.

4-H Natural Resources Engage Youth Reaching Success Indicators

“Understanding on how to conduct science experiments is crucial for understanding how knowledge is created” (Shuttleworth, 2008). Next Generation Science Standards (NGSS) have been developed and arranged to incorporate multiple disciplines and grade levels to provide youth benchmarked science education.

Kenton County 4-H conducted 241 natural resource science and experiment programs reaching 844 youth 9-18 with in-school and beyond-school programs. Two grants were secured to purchase experiment supplies and equipment. Youth members participated in a variety of experiments, activities and lessons related to natural resources including: environmental day camp, soil erosion experiments, 4-H bug night, owl pellet dissection, animal habitats and adaptations lessons, seed and plant adaptation experiments, as well as wind and water conservation experiments. Lessons involved life skills and included a success indicator. Post event adult and teacher/principal evaluations indicated these activities have educational value because youth collected information, organized information and specimens, drew conclusions and developed explanations.

As a result of the programs, the majority of students can accurately describe the parts of soil, make observations and describe differences, describe animal adaptations and how adaptations apply to the animals’ habitat. Also noted by the surveys was that youth used productive team membership skills to complete experiments. Teachers reported increased interest in science, improved communication skills and teamwork.

100% of the teachers strongly agreed that the lesson content was relevant, credible and organized. 80% of responding teachers indicated students gained knowledge

and skills about the topics presented and 80% shared that students will use knowledge and skills learned.

“Perspectives of Hands-On Science Teaching” Haury and Rillero, note that “...Students in a hands-on science program will remember the material better, feel a sense of accomplishment..., and be able to transfer that experience easier to other learning situations. Students who have difficulty in the learning arena for reasons of ESL barriers, auditory deficiencies, or behavioral interference can be found to be on task more often because they are part of the learning process and not just spectators.” The statement preceding demonstrates the value of 4-H natural resources lessons shared with local schools and the value of programs offered outside of school time, tackling the issues described and providing an invaluable resource for local youth.



Carlisle Elementary students get an inside look at Ed-Mar Dairy.

4th & 5th Grade All-girls Friendship Club

Research has shown that girls can be just as aggressive as boys; it is just a different type of aggression called relational aggression. This type of aggression is most common in girls and includes silent treatment, rumor spreading, exclusion, backstabbing, cruel words and other such behaviors. It is considered “social cruelty.” (Anthony & Lindert 2010) Relational aggression is becoming more common and with today’s technology. The ways girls carry out relational aggression has increased with the use of Facebook, Instagram, and text messaging just to name a few. Anti-bullying curriculums are all the rage, but very few of them address relational aggression. A few years ago with suicides, arrests and multiple girl fights at the middle school in the Erlanger Elsmere School District related to relational aggression among girls in middle school, I decided to start an all-girls friendship club. The purpose of this club was to meet with 4th and 5th grade girls to teach them how to communicate with each other, how to be a good friend, and how to accept those that are different from others. Most importantly, the goal was to teach the younger girls how to work together and respect each

other before they came together in middle school. This program is now into the second year of all four elementary schools implementing this program for all 4th and 5th grade girls. To accomplish this, I meet with 8 groups of girls during their lunch hour once a month. At the end of the year, I asked the girls if they had experienced mean behavior from another girl before and 95% of them answered yes. I also asked if they had been mean to girls before and 56% answered yes. I asked if they had learned what relational aggression was and how it impacts others, and 98% answered yes. 99% said they would be more careful about how they treated others after attending the classes. 100% of the 5th grade girls wanted to continue the program in middle school. All four elementary schools have seen a decrease in relational aggression issues with their girls. The next step of the program will be to expand into the middle school and track the changes taking place among the girls when all four schools come together.

**A Note from our Northern KY
Area Nutrition Education Program Agent...**

The Kenton County Nutrition Education Program Assistants taught nutrition series reaching 959 SNAP (Supplemental Nutrition Assistance Program) participants in FY 2015. According to national reporting system data, 97.5% of adult program participants in Kenton County showed a positive behavior change in food group choices.

What IS horticulture, exactly?

It's the science and art of growing and using cultivated plants. If you eat vegetables or fruits, or ever bought cut flowers; if your foods were seasoned with herbs and spices; if you ever went to a park, or landscaped a yard, then horticulture has had a direct influence on your life. In Kenton County, Horticulture Extension offers services including personal consultations via phone or email about the plants in your yard, lawn, and garden; identification of garden insects and diseases; and how to manage your soil. We offer free soil testing to help you determine your soil's pH and fertilizer needs. We offer classes and educational programs on everything from growing apples to zucchini, including small-scale construction projects like building raised beds and retaining walls. We can help you grow produce for the farmer's market, raise new fruits or vegetables on your farm, teach you how to grow plants

in containers, show your volunteers how to grow vegetables for a community garden, make a floral centerpiece for the

Agriculture Programs:

Addressing Diverse Operations

Nearly one half of the land in Kenton County is in a rural setting. Being so close to urban and suburban centers running today's small family farms in Kenton County are challenging and the operations are very diverse. Programs offered by the Cooperative Extension Service attempt to address the various operation's technical needs to ensure economic impact, and increase productivity. The Calving Strategies Class was aimed at decreasing loss of calves during delivery. Working with the Veterinarian Extension Specialist at the University of Kentucky, a class was offered to 45 operators to address this issue. Feedback from this class indicated that cattle owners had implemented new strategies and had seen a drop in calf loss. Kenton County farmers are increasingly aware of the importance of water quality on all farming ventures. The EPA considers livestock operations as one of the primary non-point pollution sources. Partnering with the Kenton County Conservation District, the Extension Service offered a program to 14 livestock operators to address the runoff of livestock operations in Kenton County. A follow-up survey to these participants indicated that some of these operators had updated or done their initial Water Quality Plan. Other farmers had changed from shallow farm ponds to cleaner water fountains as their primary water source for their cattle operations. For some operators agritourism offers another revenue stream for farm families' income. On the 2014 Kenton County Farm Harvest Tour, seven of the fourteen hosting farms were agritourism businesses. There were thousands of visitors to these farms on that Saturday in September. According to the returned Farm Tour Passports, 45% of those attending spent in excess of \$25 at these family farms.

COOPERATIVE
EXTENSION
SERVICE



UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

**The Kenton County
Cooperative
Extension Service**

*Extending Knowledge,
Changing Lives*

For more information, contact us at:
10990 Marshall Rd.
Covington, KY 41015
(859) 356-3155
Fax: (859) 356-0363