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 **WAYNE** COUNTY

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

Volunteers working together to make a change in our community

Truth and Consequences: The Choice is Yours

Truth and Consequences: The Choice is Yours is an enrichment event for Freshmen students at Wayne County High School, Otter Creek Academy, and the Lake Cumberland Youth Development Center. It was held on Friday, October 30, 2015. This was an all-day event where students rotated through six different educational sessions with a variety of community partners focusing on real life situations, dangers, and the importance of making Healthy Lifestyle Choices. The program was held in two different locations in the county; the National Guard Armory and the Turner Intermediate School and grounds.

Priority Program Efforts

- A total of **425** people are now involved in addressing significant community issues
- **215** youth made an impact in their community through service projects
- **130** local residents implemented practices that promote sustainable agriculture
- **150** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **865** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 2,396 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **653** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **1,892** youth and adults demonstrated informed and effective decision-making skills
- **75** individuals incorporated new or additional conservation practices.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

In the Truth and Consequences Scenario session, which was held in the gym of the Armory, each student was randomly given a situation related to drug or alcohol use that required them to be accompanied by an adult to face the consequences. The consequences introduced students to a variety of organizations and agencies in our community, such as law enforcement, the courts, health care facilities, and many others. Our goal was for parents to participate with their children in the Scenario portion of the day. Twenty-three (23) parents/guardians were able to attend with their child. A number of community volunteers were available to act as a mock parent to escort a student through the various booths related to the situation in the role-play session. This event encouraged students to think about his/her choices related to substance abuse issues.

On the front lawn of the National Guard Armory was a graphic and very moving mock accident scene. The 4-H Ambassadors reenacted a staged car wreck (based on a real-life event) that resulted from drug/alcohol abuse while a special guest speaker told his story about the accident. Local law enforcement, EMS, Coroner, PHI local helicopter ambulance, and 911 coordinators worked the scene as if it were real. This educational session was very moving and powerfully impacted all participants and volunteers. The end of session Surveys overwhelmingly showed that this had a powerful impact on the way students looked at distracted driving especially drinking and driving.

Located in the National Guard Classroom was educational Speaker 1st Sgt. Timothy Shane Campbell and Wayne Conn from the Lake Cumberland Drug Task Force. Both shared valuable information the dangers of drugs in our area.

The Turner Cafeteria was host for a focus group activity. This was a hands on challenge for students which allowed them to analyze their personal situations, friends and different school situations. Student were also encouraged to practice ways of saying NO and removing themselves from various situations.

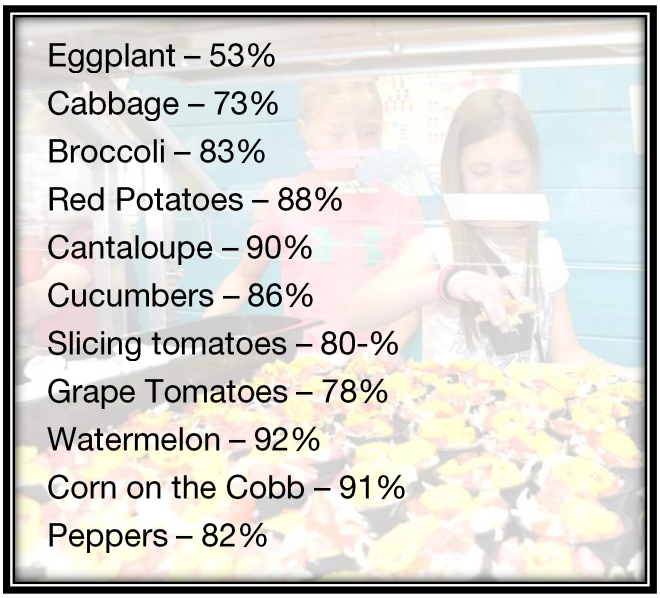
Part of the 4-H National Science Day activities were used in the session under a tent in the front yard of the Turner Elementary School. The Reaction Times and Distracted Driving Activity consisted of allowing students to test their reaction times in different scenarios. This included someone talking to you, music playing, along with wearing drunk goggles in order to feel the full effects of impaired driving. The survey results showed that students looked at distracted driving and what goes on in a vehicle differently, making them more cautious after the session.

The Farm to School Garden Tour was a very popular session focusing on the local school garden and the importance of maintaining a healthy lifestyle. Students learned where their food comes from, all the way from farm to fork. A hands on scavenger hunt took students searching the rows for a variety of plants matching them with nutrients needed for a healthy body. The survey clearly showed that the food served in the cafeteria that was raised in the school garden was very popular.

Ninety-one (91%) of students said that they had known about the school garden before today.

24% of the students said that they helped out in the garden in some way.

When asked if they liked the different garden foods served in the cafeteria the following percentage of students said that they liked the food item:



43% of students said that they eat more vegetables at school because of the school garden

37% of students said that they eat more vegetables at home because of the foods they have tried from the school garden.

A variety of food items were suggested by students to be raised in the garden in the future. Participants said that they saw the correlation between eating healthy foods and making positive lifestyle choices. That positive lifestyle choices include not only saying NO to drugs and alcohol but also include eating healthy, getting exercise, and drinking water.

The results of the program survey were overwhelmingly clear that a huge impact was made on the 171 participants. According to the data gathered, 153 students indicated that they developed a better understanding of the legal, health, emotional, and financial consequences of substance abuse. They gained a better understanding of the risk and harm and where to access help in the community for a substance abuse issue.

There were a total of 175 volunteers, community partners, or agencies involved in the program, and a total of 1,400 volunteer hours completed. This included planning, preparation, orientation/training, set-up, clean-up, and more. Drug and alcohol abuse is prevalent in our small town, just like other small towns around our nation.

The partnerships that were formed in order to successfully pull off the event showed the willingness our community has to make a difference in the lives of our young people. It's amazing to see the number of organizations, agencies, partners and volunteers that truly care, that come together to fight this battle in a hands on real world educational program such as this. This would not be possible without them!! We plan to continue the Truth & Consequences program. Plans are already being made for the October 7, 2016 program.

Partnering with Local Schools

Wayne County School District's Walker Early Learning Center was interested in applying for a Lowe's Grant to install raised beds at the school which would provide hands-on learning opportunities for their students. We provided technical assistance for successful grant application. We partnered with community groups to install the 16, 4'X8' raised beds. The ANR Agent provided the soil and plants for the beds. Each student planted a broccoli, cauliflower, or zinnia flower plant in their classroom's bed. Students observed the daily progress of the plants until harvest in early November. ANR & FCS Assistants taught a nutrition lesson to each classroom about broccoli and helped

each student to make their own broccoli pizza. Many students were brave and tried broccoli for the first time. The ANR Agent sang a "Broccoli Song" with the students and all were given a KY Proud Plate it up recipe to take home with them. In spring, the students planted sugar snap peas to harvest in May. After the peas were washed the students all tasted the edible pea pods. It was, again, the first time many of the students had tried Sugar Snap Peas. The also learned the "Pickin Peas" song. The planting, growing, and harvesting were a collaborative effort between the school, Master Gardener volunteers and Extension Staff.

In Wayne County, a three-acre garden provides fresh produce for the school district's lunch program. After serving five schools, the extra produce from the Farm to School Program is donated to limited-resource families.

Produce harvested for 2016 school lunch program:

- 1,000 heads of broccoli
- 200 heads of cabbage
- 600 cantaloupes
- 9,000 ears of corn
- 1,000 pounds of cucumbers
- 415 eggplants
- 1,000 pounds of grape tomatoes
- 200 pounds of peppers
- 1,450 pumpkins
- 520 pounds of red potatoes
- 1,000 pounds of slicing tomatoes
- 450 watermelons

Produce given to low-income county residents:

- 50 ears of corn
- 700 eggplants
- 150 pounds of grape tomatoes
- 200 pounds of slicing tomatoes

Meet the Extension Staff

(left to right): Joy McGinnis, Staff Assistant; Alta Gaye Hutchison, NEP Program Assistant; Diane Cushman, Staff Assistant; Jody Paver, County Extension Agent for Family and Consumer Sciences Education; Danny Adams, KSU Small Farm Assistant; Seth Hart, Fine Arts Program Assistant; Glen Roberts, County Extension Agent for Agriculture and Natural Resources Education; Cassie Munsey, FCS Program Assistant; Toni Humble, County Extension Agent for 4-H Youth Development Education; Ashley DeBord, ANR Program Assistant; and Sherry Coffey, 4-H Program Assistant.

"You and your staff did an outstanding job putting this together. I hope we continue to reach our students and hopefully make a difference in their lives." - *Margaret*

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