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, “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 and their parents avoid fines that range from $10 to $100, 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.

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 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, at Pendery Park along the Ohio River near Melbourne, KY. Only seven people volunteered this year but collected 1,850 pounds. Since 2010, 115 people, points assessed on their teen’s drivers’ license and possible increase of insurance rates.

Raised beds with drip irrigation at the Campbell County Detention Center

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.

A 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.

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.

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

http://campbell.ca.uky.edu/
Kentucky Cooperative Extension Service

The Kentucky Cooperative Extension Service is the most comprehensive outreach and engagement program at the University of Kentucky. Our mission, simply stated, is to make a difference in the lives of Kentucky citizens through research-based education. Jointly with our other land-grant partner, Kentucky State University, we take the University to the people in their local communities, addressing issues of importance to all Kentuckians.

See our website for all classes and program details: http://campbell.ca.uky.edu/

County Extension Agents
Ronda Rex, Family and Consumer Sciences
Kate Vaught Thompson, Family and Consumer Sciences
Don Sorrell, Agriculture and Natural Resources
Sarah Stolz, Horticulture
Owen Prim, 4-H Youth Development
Sherri Farley, 4-H Youth Development
Moriah Conrad, 4-H Youth Development
DJ Scully, Natural Resources and Environmental Management
Rosie Allen, Area Extension Agent for Nutrition Education Programs

County Extension Staff
Terri Turner, Horticulture Technician
Joyce Pennington, Secretary
Linda Hanses, Secretary
Diana Kasrosafar, Secretary
Jill Walch, Secretary
Aubree Forrer, Environmental Education Assistant
Claire Linepensel, 4-H Youth Development Assistant
Paul Adkins, 4-H Youth Development Assistant
Katrina Harney, 4-H Youth Development Assistant
Melissa Pilcher, Nutrition Education Program Assistant
Carol Palmieri, Nutrition Education Program Assistant

The Campbell County Cooperative Extension Service is a joint educational effort of the federal, state and county governments and is administered through the University of Kentucky and Kentucky State University. Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.
May 7, 1:30 pm  Frogs and Toads of KY
May 8, 4:30 pm  Wildflower I.D.
May 14, 5 pm  Birding
May 15, 5 pm  Frogs and Toads of KY
May 21, 12:30 pm  Wildflower I.D.
May 22, 1:30 pm  Birding
May 28, 2 pm  Frogs and Toads of KY
June 4, 1 pm  Tree I.D.
June 5, 4:30 pm  KY Endangered Species
June 9, 10 am  Jolly Thursdays, A.J. Jolly Park-Stapleton Pavilion
June 11, 9 pm  Night Hike
June 16, 10 am  Jolly Thursdays, A.J. Jolly Park-Stapleton Pavilion
June 18, 10 am  River Sweep (Litter Collection Event along the Ohio River)
June 19, 1 pm  Garden: Enjoy tours of the garden, demonstrations, and meeting people in the garden community. Children’s activities and more.
June 30, 10 am  Tree I.D.
June 30, 10 am  Picnic at the Park - Family Picnic at the Park - Family
July 2, 4:30 pm  Nature Hike
July 7, 10 am  Jolly Thursdays, A.J. Jolly Park-Stapleton Pavilion
July 9, 1:30 pm  Aquatic Ecology
July 10, 2 pm  Nature Hike
July 14, 10 am  Jolly Thursdays, A.J. Jolly Park-Stapleton Pavilion
July 16, 1 pm  Build a Bird Feeder
July 17, 4:30 pm  Aquatic Ecology
July 21, 10 am  Jolly Thursdays, A.J. Jolly Park-Stapleton Pavilion
July 23, 1 pm  Nature Hike
July 28, 10 am  Jolly Thursdays, A.J. Jolly Park-Stapleton Pavilion
July 30, 5 pm  Aquatic Ecology
July 31, 4:30 pm  Nature Hike
August 6, 1:30 pm  Snake I.D.
August 7, 12:30 pm  Birding
August 13, 5 pm  Tree I.D.
August 14, 4:30 pm  Snake I.D.
August 20, 2 pm  Birding
August 21, 1:30 pm  Tree I.D.
August 27, 9 pm  Night Hike

Horticulture Programs
Visit the Lakeside Commons Educational Gardens!

March 10, 5:30 pm  Rain Barrel Class: Learn how to construct your own rain barrel in this hands-on class. All materials provided. $60. Class size is limited. Registration required. Call for more information. Send check to the Extension office payable to the University of Kentucky.
March 17, 10-11 am or 6-7 pm  Seed Starting for Beginners: Learn how to start vegetables and flowers from seed in this hands-on class. You will also learn methods of harvesting and storing seeds. This class is being offered in the morning and evening. Please register for only one class. Class size is limited. Registration required.
May 5, 6-7:30 pm  Growing Tomatoes: Learn how to grow tomatoes for your backyard garden.
June-September (1st Tuesday of the month), 2:30-4 pm  Tuesdays in the Garden: Enjoy tours of the garden, demonstrations, Ask a Master Gardener booth and more. No registration required.
June 9-July 28 (every Thursday) 10 am-Noon  Kids Garden Club (for children ages 9-12) Registration will begin April 1. Call for more information.
June 25, 10 am-12 noon  Garden Open House: Enjoy a morning in the garden by touring our gardens, attending demonstrations, and meeting people in the garden community. Children’s activities and more.
July 27, 9 am-3 pm  Rain Garden Workshop: Learn to control water runoff by using rain gardens. In this all day program you will learn how to plan, design, and plant a rain garden from University of Kentucky professionals. Dress appropriately. Tools will be provided but bring your own garden gloves. Registration required.

Agriculture Programs

February 2, (time TBD)  Role of Lime and Soil pH in Production Agriculture, EEC
February 4, 6:30 pm  Producing and Harvesting High Quality Pasture and Hay, EEC
February 15, 6:30 pm  Private Applicators Pesticide Training, EEC
February 16, 9:30 am  Private Applicators Pesticide Training, EEC
February 27, 10 am-2 pm  Beekeepers School, Campbell County Extension Office
March 7, 6:30 pm  Saving Every Calf, EEC
March 15, 6:30 pm  Managing Hens for Maximum Egg Production, EEC
April 19, 6:30 pm  Buying Locally Produced Foods, Campbell County Extension Office
July 16, 9 am-5 pm  Campbell County Backroads Farm Tour
September 2016-March 2017  Farm Start/Beginning Farmer Series, EEC

4-H Programs

February 19-21, (time TBA)  Kentucky Beef Expo, Louisville
February 27, 8-11 am  4-H/FFA Market Hog Beef Project Validation Day, Falmouth
March 5, (time TBA)  KY 4-H Achievement Program, Gold Interviews, Georgetown
March 17-19  4-H Summit, KY Leadership Center
March 29, (time TBA)  County Talk Meet Finals

April 4-5, (time TBA)  Spring Break Day Camp
April 30, 8-11 am  4-H/FFA Market Hog, Sheep & Goat Project Validation Day, Boone County
May 14, 9 am-4:30 pm  4-H/Red Cross Babysitting Clinic
June 3-5, (time TBA)  District 3 – 4-H Horse Show, Frankfort
June 4, 3-7 pm  North Central 4-H Camp Open House, Carlisle
June 5-10, (time TBA)  4-H Horse Camp, Alexandria Fairgrounds
June 7, 6-8 pm  Project Night (age 9 or older)
June 8, 6-8 pm  Project Night (age 9 or older)
June 8, 6-7 pm  Cloverbud Meeting (ages 5-8)
June 13-16, 4-H Teen Conference, University of Kentucky
June 14-16, 9 am-3 pm  Kids in the Kitchen Series (ages 9-12)
June 21, 9 am-12 pm  Cloverbud Day Camp (ages 5-8)
June 21, 6-7 pm  Cloverbud Meeting (ages 5-8)
June 22, July 7, 13 & 20, 9 am-12 pm  Funshop (age 9 or older)
June 22, July 7, 13, 20 & 1-4 pm  Funshop (age 9 or older)
June 27, 6-8 pm  Project Night (age 9 or older)
June 28-30, 9 am-1 pm  Project Polozza (age 9-12)
July 6, 6-8 pm  Project Night (age 9 or older)
July 11, 12 & 19, 7 pm  4-H Camp Orientation (attend only one session.)
July 25-29, 4-H Resident Camp (age 9-14) - North Central 4-H Camp, Carlisle, KY
July 27, 9 am-12 pm  Cloverbud Day Camp (ages 5-8)
August 18-28, (time TBA)  Kentucky State Fair, Louisville
August 31-September 5, Alexandria Fair & Horse Show, Alexandria Fairgrounds

http://campbell.ca.uky.edu/
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 included, “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.”

Healthy Me Day Camp

According to the President’s Council on Fitness, Sports & Nutrition, only one in three children is active every day and 28% of Americans ages 6 and older are physically inactive. Forty percent 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 fat-free 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.

Kentucky Farm Start

Kentucky Farm Start is a management program for beginning farmers and transitioning farmers (those inheriting a family farm and moving into a new role). This program will be a seven to ten session program. Participants learn about whole farm planning, enterprise identification and selection, soils and water management, production skills (based on their interests), financial management, farm management decisions, marketing and much more. Twenty to 30 individuals are needed to form a Farm Start class. UK College of Agriculture, Food and Environment specialists and local Extension Agents will design a program to meet the needs of the class participants. We would like to start this program in September, but the date and time for each session will be determined by the group.

The goal of Kentucky Farm Start is to assist beginning farmers to evaluate their land, labor, and other resources to make management decisions that are productive and profitable for their operation. One of the primary goals of this program is to assist participants in developing a whole farm management plan.

If you are interested in participating in this program contact Don at the Campbell County Cooperative Extension office at 859/572-2600.

2015 National Youth Science Day

The Campbell County 4-H program expanded a few years ago by hiring 4-H Program Assistants. This increased staff has allowed for an increase in 4-H school clubs in the County. Two elementary schools now have a total of four new clubs that are focusing on Science, Engineering and 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 4th grade clubs with a total of 92 students and one 5th grade club with 15 students.

Lessons include: Fossil Excavation, Snack 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.”

Nutrition Education Program seeks partnerships

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.

http://campbell.ca.uky.edu/