

2022-2023



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# Report to the People

Campbell County

## *Did you know...*

Campbell County was formed from portions of Harrison, Mason, and Scott Counties and named for Revolutionary War veteran Colonel John Campbell.

Campbell County  
Cooperative Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600  
Website: [campbell.ca.uky.edu](http://campbell.ca.uky.edu)  
E-mail: [campbell.ext@uky.edu](mailto:campbell.ext@uky.edu)





## Youth Agriculture Education

The amount of farmland in Campbell County continues to decline each year. 87% of the citizens of Campbell County live in urban communities. This increasing population has limited understanding or appreciation for the importance of agriculture in our daily lives. To address this issue, the Campbell County Cooperative Extension Service developed an agriculture awareness program called "Grow It, Eat It, Wear It" that targets fifth grade students. This week long program returned this year, September 26-29, after a two year absence due to COVID. Renewing the program presented opportunities for new topics and new collaborations. This year the Extension Service collaborated with the Alexandria Fair board, the Campbell County Farm Bureau, FFA, the Beef Cattle Association, Bee Keepers Association, KSU Aquaculture Program, NK Horse Network and 4-H Horse and Sheep Project Leaders to carry out this program. The Campbell County Extension District Board supported this program by granting Special Programs request to fund the program.



Due to the increased interest in backyard poultry production, Poultry was added as a new class this year. Other classes offered were on Beef & Dairy, Sheep and wool, Aquaculture, Growing Pizza in the Garden, Horses and Pollinating with Bees. 524 youth and 67 adults from 11 county schools attended this educational program. Participants got to see, touch and learn about live farm animals, taste honey, watch sheep being sheared, spin wool and learn how agriculture provides them with food, clothing and shelter that we all need and depend on every day.

### On written evaluations, teacher comments included:

- *Love this program. My students said it was the best field trip they've ever been on!*
- *Great hands on activities that increased student learning and fun!*
- *My students were so excited and engaged the whole time.*
- *Great science and history connections with life cycles, importance of pollination, Native American use of horses, Spanish explorers bringing horses, Pony Express and use of miniature horses in coal mines.*
- *NGSS standards were met in Science, Social Studies & Economics.*
- *Directly ties to and promotes Kentucky Academic Social Studies and NGSS Standards.*
- *Students were very engaged and exposed to information they would not have gotten without this program!*



## Horticulture

On a weekly basis Campbell County horticulture department provides horticulture therapy activities at the Fort Thomas VA medical facility for veterans with post-traumatic stress disorder and veterans in the domiciliary care program. Men and women in these programs are in this program for rehabilitation, recovery, health maintenance, improved quality of life, and community integration in addition to specific treatment of medical condition, mental illnesses, addictive disorders, and homelessness. The past 11 years that Campbell County Extension has been involved, horticulture therapy has been a great resource and asset to the VA programs. Studies have shown that horticulture therapy or growing and eating food together provides several ways to increase mood, improve nutritional status, reduce loneliness and reduces the physical health impacts of mental illnesses such as PTSD. For some, gardening brings back memories from



childhood with family members and they reflex on those times and share stories. Being outside, listening to birds, watching flowers growing, and caring for living things has been tremendously beneficial for the men and women at the For Thomas Facility. One participate shared her appreciation for this program, "I can state unequivocally that the healing power of my PTSD treatment, to include horticulture therapy, has truly changed the trajectory of my life and enabled me to be a better person for a better tomorrow, where my future self with thank me". Extension will continue to collaborate with the VA to partner on horticulture programs. Each year, On average, Extension engages with 115 veterans with these horticulture therapy programs.



## Environmental Management

- Rain barrels capture water from a roof and hold it for later use such as on lawns, gardens, and indoor plants.
- Collecting roof runoff in rain barrels reduces the amount of water that flows from your property reducing stormwater pollution.
- It's a great way to conserve water and it's free water for use in your landscape.
- The Campbell County Extension Service in conjunction with the City of Newport sponsored free rain barrel giveaways targeting urban residences. These events occurred at the Newport Public Works Facility. Installation, use, and winterization instructions were provided by the Extension Agent for Natural Resources and Environmental Management.
- 50 homeowners participated on July 23, 2022. Each indicated through Qualtrics surveys collecting and using at least 90 gallons of rainwater to irrigate their yards and gardens last summer.
- 100 homeowners participated on March 17, 2023, and will report their collection and utilization efforts in the fall.





## Agriculture & Natural Resources

### Hay Day Demonstrates Alternative Forages to Extend Grazing and Improve Cow Management

The 2022 Hay Day was hosted by the Weinel family in Campbell County. This was a wonderful event with a great attendance of over 150 people. A farm tour was offered on hay wagons that showcased the Weinel's herd of Hereford cattle, the crabgrass grazing plot and johnsongrass control plot. A discussion was led by Ty McGuire, Vitaferm, regarding the importance of providing mineral for cattle and what options were on the market to combat issues like fly control and fescue toxicity. Michelle Simon, Campbell County ANR Agent, wrapped up the field day with a demonstration of a new chuteside pregnancy testing option for cattle that helps producer be more efficient in their cow management strategies. The local Farm Bureau, Conservation District and FFA chapter all participated in the field day with informational booths and volunteered their



time. Following the field day, Southern States noted an increase in producers feeding improved, loose mineral that improved cow efficiency, have better control of johnsongrass and other noxious weeds and over 200 chuteside tests have been used to pregnancy test cattle with results in minutes versus days.



## 4-H Youth Development

According to a survey completed by the University of Nevada, Reno Extension; Teens say the benefits received from completing service projects in their communities are learning to respect others, learning to be helpful and kind, learning to understand people who are different, developing leadership skills, and a better understanding of citizenship. To provide an easy avenue for Campbell County Youth to engage in service projects, Campbell County 4-H Teen Leadership dedicates a large portion of their time to service projects.



Campbell County 4-H Teen Leadership meets monthly at the Campbell County Extension Office. This program is open to all Campbell County youth currently in grades 6-12. On average, in attendance at each meeting are 20 youth from five different schools within Campbell County.

At the first meeting, youth completed a survey indicating what they hope to get out of participating in this program. As well as planned and discussed which service projects they would like to participate in.

- 17/17 indicated that "participating in community service projects allows them to feel more connected to the community they live in."
- 15/17 indicated that "participating in service projects helps develop leadership skills".

Halfway through the program year youth have made and donated blankets to the Brighton Center, written cards for long-term care facilities, and made dog treats for the animal shelter. Youth also completed a mid-year evaluation.

- 18/20 teens strongly agree with the statement "4-H is a place where I have a chance to be a leader."
- 20/20 teens either agree or strongly agree with the statement "Helping out in my community provides me with a sense of accomplishment."



## Family & Consumer Sciences

### Practicing Mindfulness with Children

Mental health is a vital part of children's overall health and well-being; it includes children's mental, emotional, and behavioral wellness. In order to help children improve their mental health, the 4 part series, Mindfulness, was taught to 81 fourth graders at Campbell Ridge Elementary School. Topics discussed were developing a sense of self, stress management, and emotional regulation. Activities used were journaling, coloring, yoga, breathing exercises, identifying feelings, and practicing living in the present moment.



### At the end of the four-part series, the evaluation showed the following:

- 94% of the fourth-grade students said they were better able to identify their feelings.
- 89% of the students said they had practiced the mindful techniques such as deep breathing and journaling.
- 89% of the students stated they had better coping skills to help deal with their stresses and worries.
- 84% said they had practiced being a bucket filler of kindness.
- 83% said they felt they could handle their emotions in a more positive manner.



## Campbell County Extension Outstanding Volunteers



Horticulture

We are so grateful for all those who volunteer with Campbell County Extension! Each year, at the January County Extension Council meeting we have a chance to recognize Outstanding Volunteers from each Extension Program Area:

- 4-H Youth Development: Luke Tucker
- Agriculture: Campbell County Conservation District
- Community: Campbell County Farm Bureau Federation
- Family & Consumer Sciences: Doris McGregor & Barb Poynter
- Horticulture: Debbie Turner
- Natural Resources: Steve Mathisen (photo not available)

*Thank you for volunteering your time and talents!*



4-H Youth Development



Agriculture



Family & Consumer Sciences



Campbell County Community

### Agents:

**Michelle Simon**  
*Agriculture*

**Kate Thompson**  
*Family & Consumer Sciences*

**Sarah Imbus**  
*Horticulture*

**Kellsey Agnew**  
*4-H Youth Development*

**Sherri Farley**  
*4-H Youth Development*

**Owen Prim**  
*4-H Youth Development*

**DJ Scully**  
*Natural Resources &  
Environmental Management*

### Staff:

**Aubree Dawson**  
*Environmental Education  
Technician*

**Katrina Harney**  
*Family & Consumer Sciences  
Assistant*

**Terri Turner**  
**David Koester**  
*Horticulture Technicians*

**Ginny Butsch**  
**Aubrey New**  
**Rebecca Neltner**  
*4-H Assistants*

**Steve Bridewell**  
**Madelyn Emmett**  
**Nikki Garza**  
**Diana Kasirosafar**  
*Extension Staff Assistants*

## COOPERATIVE EXTENSION



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Campbell County  
Cooperative Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600  
E-mail: [Campbell.ext@uky.edu](mailto:Campbell.ext@uky.edu)  
Website: <https://campbell.ca.uky.edu/>



Disabilities  
accommodated  
with prior notification.