

ANNUAL REPORT  
OF  
ACCOMPLISHMENTS AND RESULTS  
  
THE  
COMPREHENSIVE  
  
ALABAMA  
COOPERATIVE EXTENSION SYSTEM

*Alabama A&M University*  
*Auburn University*  
*Tuskegee University*

FISCAL YEAR 2006

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## CERTIFICATION

The Alabama Annual Report of Accomplishments and Results has been reviewed and approved by the 1862 Extension Director - Auburn University, the 1890 Administrator - Alabama A&M University, and the 1890 Administrator - Tuskegee University. The 2006 Annual Report of Accomplishments and Results was electronically transmitted by a duly sanctioned designee (Ronald L. Williams, Extension Head, Program Planning and Development).

By separate correspondence the required Letter of Certification for the Alabama Annual Report of Accomplishments and Results has been directed to the Administrator, CSREES.

## INTRODUCTION

The Agricultural Research, Extension and Education Reform Act (AREERA) Annual Report of Accomplishment and Results from the State of Alabama reflects the program accomplishments of the Alabama Cooperative Extension System (Alabama A&M University and Auburn University). This AREERA Annual Report of Accomplishments and Results provides detailed information that documents outcomes and impacts that result from Cooperative Extension programs in the State of Alabama.

The Alabama Cooperative Extension System Annual Report of Accomplishments and Results reflects the Cooperative Extension programs funded by Federal agricultural extension formula funds and any required matching funds. In addition, it should be noted that many of these same programs are subject to the benefits of fiscal inputs leveraged from other sources, to include additional state appropriations and a significant amount of entrepreneurial dollars.

This Annual Report of Accomplishments and Results is constructed consistent with the design and format of the Agricultural Research, Extension and Education Reform Act (AREERA) Plan of Work from the State of Alabama. Alabama remains appreciative of the flexibility allowed in the design of our AREERA Plan of Work. Such flexibility of design was beneficial in that it allowed Alabama Cooperative Extension to produce a program plan that was foremost in addressing the critical needs of our citizens and that also met the stated needs of our Federal partner.

This Annual Report of Accomplishments and Results is aligned with the five (5) National Goals and includes impact data and success stories for each included program. As in prior submissions, this document addresses the stated components of Planned Programs, Stakeholder Input Process, Program Review Process, and Evaluation of the Success of Multistate Extension and Integrated Research and Extension Activities. The stated request for brevity and concise reporting, as noted on the AREERA web page, has been noted and is reflected in this report.

# NATIONAL GOALS AND RELATED PROGRAM ACCOMPLISHMENTS

## **NATIONAL GOAL 1:**

**An agricultural system that is highly competitive in the global economy. Through research and education, empower the agricultural system with knowledge that will improve competitiveness in domestic production, processing, and marketing.**

### **ETP10A. Alabama Row Crop Educational and Profitability Program**

*CHARLES D. MONKS from AGRONOMY & SOILS on 2007-02-13*

#### A. Description:

Cotton, soybeans, peanuts, and field corn continue to provide major economic revenue to the state of Alabama. According to the National Agricultural Statistics Service ([www.nass.usda.gov](http://www.nass.usda.gov)), cotton is the most widely planted row crop in the state, followed by peanuts, field corn, soybeans, and wheat. Cash value to farmers remained fairly constant over the previous 5 years; however, severe drought during the 2006 production season resulted in extremely high losses in yields and revenue for most producers.

Cash value has remained constant for cotton and peanuts; however, soybean, wheat, and field corn prices have increased dramatically over the past year. For example, the price of corn 1 year ago was below \$3.00 per bushel (average price received by farmers in December) while the current price (current cash) has risen to an average of \$3.91 per bushel. The strength in prices will likely change the outlook for crop acreage in the state and southeastern U.S. in 2007.

The Alabama Row Crop Educational and Profitability Program is responsible for responding to the overall needs of the row crop industry in the state. The program is made up of 8 regional extension agents, 12 specialists, and 7 county extension coordinators. These groups have worked together to secure funding and support from various sources to support on-going general and special projects. Successful funding efforts were made through numerous entities including the Alabama Cotton Commission, Alabama Soybean Commission, Alabama Wheat and Feed Grains Committee, and various renewable energy sources.

The goals of this project were to provide the most current information on production practices to producers, to evaluate or demonstrate new techniques in an on-farm setting where possible, and to provide agricultural education programming to adult and youth clientele across the state. Included in this project were efforts to provide crop damage assessment as a result of the 2006 drought. Crops across much of the state were devastated by the severe conditions and extension personnel provided necessary assessments that have been utilized by the Alabama Department of Agriculture and the federal risk assessment agencies.

#### B. Actions and Activities Carried Out:

Extension programming efforts for producers included county production meetings, field days, county agent trainings, local school demonstrations, regional trainings, and presentations at national conferences. In 2006, agents and area specialists (Wiregrass) participated in 109 crop production meetings (events that the participant either attended or initiated) as well as 27 multi-state meetings. The same group was successful in supporting their efforts with \$209,000 in grants received. Specialists and agents also participated in

continuing adult and youth educational efforts through trainings and seminars.

Row crop demonstrations (415 total row crop effort for all row crop ETPs) and field tours (48 agent/specialist events attended or initiated) were conducted under the various programs in weed control, cotton defoliation, variety and cultivar evaluation, conservation tillage, nematode and pest management, and other areas. The following is a list of examples: cover crops for cotton production, cotton and soybean variety evaluations, corn hybrid evaluations, nematode management systems, and development of wheat varieties for bread quality. Entomologists continued a project with scientists from North Carolina, South Carolina, Georgia, and Florida in a regional project to evaluate the effect of stink bug migration from peanut fields into bordering cotton fields.

Funding for statewide projects that included Asian soybean rust and reniform nematode management were secured from state and national organizations. The Asian soybean rust project was part of a national effort to track and predict the severity of the disease. Team efforts resulted in over 20 soybean sentinel plots on research or production farms. These areas were checked weekly for presence of rust by REA's, county extension agents, specialists, and county extension coordinators. Leaf samples were examined by the Auburn University Plant Diagnostic Laboratory for presence of the disease. Members of this ETP were part of a national monitoring program. Included in the overall effort were 22 local informational meetings as well as 8 multi-state meetings. Information gained through this project was also presented at the Alabama Soybean and Corn Growers Annual Meeting (Huntsville, AL), NCERA Soybean Rust Review Meeting (Quincy, FL), and the National Soybean Rust Symposium (St. Louis, MO). Specialists involved were also "invited speakers" on three occasions by the American Soybean Association Rust Education Meetings in Iowa, North Carolina, and Ohio as well as crop protection workshops across Illinois.

Each year the Alabama Cotton Commission ranks the problems that are of the most concern to their long-term productivity. In direct response to their needs, a state-wide reniform nematode management project was initiated and managed by a REA (Leonard Kuykendall) in cooperation with Dr. William Gazaway through financial support from the Alabama Cotton Commission. An extensive nematode sampling program was conducted in conjunction with evaluation of three nematode management treatments. The data from this project is essential to the continued profitability of the cotton producers in the state. This information is currently being presented at winter production meetings as well as regional scientific meetings. The results will also be posted via the cotton website on the Internet.

Two multi-state regional conferences and tours that included speakers from Georgia, Florida, and Alabama were held in the southern areas of the state. The sixth annual Wiregrass Cotton Expo was held in February in Dothan and drew over 150 participants for the program from southwest Georgia, the Florida panhandle, and southern Alabama. The Southwest Alabama Field Crops Tour was held in Escambia Co. and drew approximately 45 producers, industry representatives, and government employees from across south Alabama and western Florida. At all conferences and field days, producers, industry representatives, researchers, and extension personnel had the opportunity to listen to presentations, visit exhibits, and discuss the newest technology in farming with local, state, and national experts.

Technology-based trainings were implemented in 2006, with participants from across the state of Alabama. A weed scientist from the University of Georgia presented information concerning glyphosate resistance in pigweeds via a web conference to agents and specialists. In addition, the agronomy REA team traveled to Tifton, GA to participate in a conference on the feasibility of sources of renewable energy sources as related to farm production. Monthly conference calls were held with REAs and CECs with invited specialists participating on specific subjects of interest to the team.

Perhaps the most definitive effort for the team in 2006 was the united effort to conduct a videoconference where all segments of the row crop industry were brought together using Extension personnel and technology. The effort was focused on attempts to educate legislators on the critical situation facing the agricultural industry as a result of the severe drought that occurred across most of the state. All crops and cattle operations were adversely affected by the severe conditions and will likely be working to overcome losses for many years. The effort was coordinated by several agronomic and computer specialists and agents (REAs and CECs) and included 12 locations across Alabama and Washington, D.C. utilizing streaming Internet video. To our knowledge, there was no other effort in other states to coordinate an effort

similar to this for the industry.

Participants in this project have collaborated with other agencies in implementing this program. These agencies and associations include the Alabama Farmers Federation, the Southern Cotton Growers Association, Southeastern Cotton Ginners Association, National Cotton Council, Cotton Incorporated, FSA, NRCS, private industry (ie., Delta and Pine Land, Stoneville Pedigreed Seed, Bayer Crop Science, BASF, Dow AgroSciences, United Ag Products, Alabama Farmer's Co-op, and others), National Wheat Growers Association, Alabama State Department of Agriculture, Aerial Applicators Association, Private Crop Consultants Association, Alabama Soybean Association, United Soybean Board, American Soybean Association, and national scientific organizations including the Southern Weed Science Society, Agronomy Society of America, Crop Science Society of America, Soil Science Society of America, and others.

### C. Results, Impacts and Benefits to Direct Clientele and to the Public:

Results from on-farm result demonstrations have had a great impact on local decisions and profitability as is evidenced in the following examples.

**Asian Soybean Rust Project.** Because of intense monitoring by team members, and the severe drought, few fungicide applications were made by Alabama growers for rust control in 2006. A fungicide application for soybean rust would typically cost about \$20/acre. Prior to the season, we anticipated that most growers would spray at least once for the disease during 2006. With approximately 150,000 acres of soybeans planted in 2006 we estimated the cost of spraying at about \$3 million. Because of our educational programs prior to the season and the intense monitoring program conducted during the growing season we were able inform growers that fungicide applications in the majority of counties were not justified to control soybean rust in 2006. Confidence in Extension monitoring and educational efforts by soybean producers resulted in a significant number of growers not spraying for the disease, with estimates of less than 10% of the soybean acres sprayed. This resulted in a grower savings of over \$2.5 million in application costs, while still protecting the soybean crop from damage from Asian soybean rust. An even greater impact of the program was felt nationally, as growers in Midwestern and other states with much larger soybean acreages closely tracked the Alabama and national monitoring efforts. Assuming that 50 million acres in the U.S were not unnecessarily treated for ASR, because of grower confidence in monitoring efforts, over \$1.0 billion in fungicide application costs were potentially saved by U.S. soybean growers in 2006.

**Southeastern Regional Stinkbug Project.** Cotton grown in Alabama is commonly infested by a complex of sucking bugs (Hemiptera) that feed on many plant parts, especially developing bolls. This bug complex consists of several species of plant bugs and stink bugs. Stink bugs prefer to feed on bolls during early stages of boll development causing boll abortion, internal boll rot and hard locked cotton. Treatment thresholds are not well understood and are static, not reflecting the maturity of the cotton. Sampling techniques are poorly defined and time consuming for scouts and consultants. Results from this project support the fact that stink bugs may cause heavy economic damage to cotton, especially in field borders adjacent to alternate host crops such as peanuts. The untreated check only yielded 263 lbs. of lint per acre while the University threshold (20%), receiving five applications, yielded 1375 lbs. The stink bug free treatment, receiving seven applications for stink bug control, yielded 1714 lbs. of lint. Under the conditions of this project, it would have been most profitable for growers to use the stink bug free threshold returned approximately \$170 per acre over the 20% University threshold. If the cost of each insecticide plus application was valued at \$10 each, the stink bug free threshold would have been most profitable to growers.

**On-farm Crop Cultivar Evaluations.** In 2006, performance tests were conducted at eight locations. The regions involved included the Clanton-Upper Coastal Plains Region, the East Alabama-Piedmont Region, the South West Alabama-Coastal Region and the West Alabama-Black Belt Region. Test objectives were to help farmers evaluate the growth and yield of corn hybrids grown on soil types common to their region, under similar environmental conditions, and using large scale, on-farm production practices. Hybrids used in the tests were selected on recommendations by participating seed companies which is one method farmers use to select hybrids. Participating seed companies had the opportunity to put their top three hybrids in the tests.

While direct benefits to our clientele are more obvious, indirect benefits are also evident. Variety and cultivar demonstrations and tours are generally located in areas not well-served by the experiment station system. Thus, this program is providing valuable information to local producers that would not otherwise be available. Comprehensive, multi-state training programs enable specialists and agents to make more accurate recommendations and ensure that the system remains relevant on a local, state, regional, and national basis and proactive in solving the problems of our clientele.

State-wide Drought Response Video Conference. The clientele of this program were the farmers of Alabama, especially the approximately 70 who attended and participated. Two Congressmen, aides from both senators and several other State and U.S. congressmen also participated. The concerns and fears of the producers came across to the politicians as they could not have through any other form of communication. No other state or federal agency could have performed the role of the Extension System in this program. This fact was the consensual observation of all who attended. The stars of the program were the farmers but credit for making this ground-breaking event happen has to go to the Extension agents and specialists who took the time to provide this opportunity and ensure success. The beneficiaries were the legislators who were able to access their constituents about a serious problem in a timely fashion so that action could be taken.

Through this team effort, the Alabama Cooperative Extension System proved that it has both the expertise and technology to provide clientele with the solution to serious problems as they occur. All the participants, including farmers, legislators, agribusiness leaders, and government agency personnel came away from this videoconference with a more complete recognition of the impact of the drought in both agronomic and human terms, and with an understanding of the steps that would be required to reduce its negative impact on the agricultural community in Alabama and across the southeastern U.S.

#### D. Fiscal and Human Resources:

According to the ACES Intranet ETP signup system, a total of 27 professional extension educators participated in this project. There were 12 specialists and 15 regional and county agents participated in this project. A total of 2403 days were reported to this ETP not including the efforts of specialists from the University of Georgia, University of Florida, and University of Tennessee. The interaction of working groups across the state lines enabled us to better share our experiences and expertise. Participants were successful in securing funds for many of the projects in this program area. The funds received by REAs (including a regional specialist) that were associated with this project totaled over \$209,000, not including over \$80,500 in "in-kind" supplies and other meeting support.

#### E. Program Visibility, Exposure and Future Plans:

Information was made available through local newsletters, newspaper articles, radio and television interviews, various crop web sites ([www.alabamacotton.com](http://www.alabamacotton.com) ; [www.alabamasoybean.com](http://www.alabamasoybean.com) ; [www.aces.edu/dept/grain/](http://www.aces.edu/dept/grain/) ), and publications in various journals. In addition, the renewable fuels project received a grant from the Alabama Soybean Commission and, working with the Alabama Petroleum and Convenience Marketing Association and the National Biodiesel Board, conducted a series of bio-diesel information meetings for Alabama's petroleum distributors. Extension specialists worked successfully with a group of investors to begin the construction of a bio-diesel plant in north-east Alabama and another group to build a 50 million gallon per year ethanol plant in north-central Alabama.

The goal of the participants of this ETP is to continue to provide the most up-to-date production and marketing information for the row crop producers of Alabama. However, due to the specific nature of ETP programming, this project will be divided into more specific project offerings for the 2007 season. The new ETPs that this project has generated include variety evaluations, nematode management, conservation tillage improvements, stink bug and insect management, resistant weed management, technology advancements, and renewable energy projects.



### **ETP10B. Geospatial Technologies**

*SHANNON HUBER NORWOOD from COOPERATIVE EXTENSION SYSTEMS on 2007-02-14*

A. In 2003, Alabama farmers were surveyed regarding their use and adoption of geospatial technologies. One of the key findings of this survey was that producers consider Extension to be the primary source of information regarding geospatial technologies and they expect Extension to continue to provide them with information in this area. This ETP was established with the intent of training Extension personnel to effectively deliver geospatial education to Alabama producers. The end audience, which is Alabama farmers, is statewide with the following approximate demographic information: 95% male, 5% female, 95% white, 4% black, 1% AI and Akn. The goal of the ETP was to increase participant's knowledge through training opportunities and on-farm demonstration projects; knowledge would also be transferred to farmers through the on-farm demonstration projects. Auburn University has received a number of special project grants through USDA that have funded much of the research and training efforts related to precision agriculture.

This ETP was designed to assist in relaying research based information to the clientele group. On-farm research and demonstration plots utilizing geospatial technologies were established in 2006 which included variable rate seeding of cotton and corn, variable rate nitrogen, evaluation of an on-the-go pH meter, using GPS to evaluate southwestern corn borer damage, using yield monitors to evaluate responses to corn fungicides and timing of nitrogen side-dress applications to corn and cotton, using optical sensors to evaluate nitrogen needs for wheat, and evaluating the spatial variability of nematodes. On-farm research demonstrations were completed in Colbert, Madison, Lawrence, and Franklin counties in the Tennessee Valley Region of North Alabama. Research was also implemented at the Tennessee Valley Research and Extension Center in Belle Mina, Alabama. In addition, various personnel within Auburn University's Agronomy and Soils Department and Biosystems Engineering Department have numerous research projects underway evaluating various geospatial technologies. Research is presented to Alabama growers through producer commodity meetings, field days and tours, and news articles. Annual research projects and summaries are also posted and available to the public through the Auburn University Precision Ag Portal ([www.aces.edu/precisionag](http://www.aces.edu/precisionag)).

B. The primary Train-the-Trainer activity for this ETP in 2006 was a bus tour to Mississippi that visited farmers, businesses and government agencies utilizing and/or researching various geospatial technologies. Twenty-four Extension agents and university faculty attended the tour. In addition to the bus tour, a Geospatial Technology workshop for Animal Science Extension personnel and a Train-the-Trainer workshop for agriculture education teachers in North Alabama were held to educate Extension personnel and clientele on new and emerging technologies. The third major project for this ETP was the Third Annual Precision Ag and Field Crops Day, which was held at Dee River Ranch in Pickens County. This event was promoted through a number of outlets prior to the meeting including: Extension website, local newspapers, Alfa publications such as Cultivator and Extension newsletters. Following the event, Alabama Public Television and Neighbors magazine provided publicity. The Field Day was a multi-state activity. Extension personnel from Mississippi played an active role in organizing and publicizing the event as well as being speakers.

C. ETP activities have provided information to enhance Extension personnel's understanding of geospatial technologies and their impact for Alabama growers. Field days, educational tours and workshops provided training which allows Extension agents to better assist clientele in farm decision-making and profit analyses regarding these technologies.

Long-term impacts and results of the ETP are to 1) increase knowledge of Extension personnel and clientele on precision agriculture issues and technologies and 2) determine the most relevant and profitable precision agriculture technologies which will increase farmer yield and revenue. These impacts will be measured through surveys and evaluations of project activities and research demonstrations.

Positive impacts of the project have resulted in increased farm profitability, better management practices and improved environmental quality for clientele. Yield monitor research demonstrations involving corn fungicides resulted in a \$50 per acres increase in profit for the producer. Economic analyses of variable rate

seeding and variable rate nitrogen are currently underway to determine the most efficient and economically viable rate for production. Light bar guidance system demonstration programs have allowed growers to more efficiently apply chemical and fertilizer inputs to their farms by reducing overlap and improving time management. Precision soil sampling practices, promoted by Extension through the project, allow growers to manage field variability by optimizing lime and nutrient inputs on a site-specific basis. These practices are environmentally friendly and allow growers to formulate a more cost-effective and productive farm management plan.

This project provides indirect benefits to the general public by increasing the effectiveness and efficiency of agriculture production in Alabama.

Success of the project is determined by the increase in precision agriculture adoption and the number of Extension personnel utilizing geospatial technologies. Economic analyses of research, production records, research statistical analyses, surveys, and grower and Extension personnel reports are used to define and measure the success and impact of the project.

D. Funding for many of the on-farm demonstrations and research projects was provided through the Wheat and Feed Grain Producers and the Alabama Cotton Commission. In addition to sponsorship from the Soybean Committee and the Wheat and Feed Grain Producers, agribusinesses also sponsored the Third Annual Precision Ag and Field Crops Day. The agent training was included as a part of the grant project Precision Agriculture and Precision Forestry - Alabama – (total grant amount \$560,821).

ACES personnel committed 669.50 days to this project in 2006.

Volunteers were not used in this project.

E. Project summaries and reports have been presented for the commodity groups that funded various projects. Those reports will be available on-line at the Precision Ag Portal ([www.aces.edu/precisionag](http://www.aces.edu/precisionag)). Additionally, summary reports will be distributed at winter production meetings, including the Alfa Commodity Organizational Meetings held in February 2007. The portions of this ETP that are funded through the USDA grant are reported annually to USDA-CSREES. An informal meeting has taken place on an annual basis with representatives from Bud Cramer's office to relay information on the grant project back to him.

Photographs from the Third Annual Field Crops Day, Mississippi bus tour, geospatial workshops, and on-farm research demonstrations are available. Yield and aerial imagery maps from projects are also available as .jpeg images.

Shannon Norwood, Amy Winstead, Chris Dillard, Ronald Britnell, and Mark Hall may be contacted for additional information about this ETP.

This project will be continued in 2007 with on-farm research demonstrations and training workshops utilizing geospatial technologies. A tour for Alabama producers to visit farmers, businesses and government agencies utilizing and/or researching various geospatial technologies is planned for 2008. The project will continue to update and educate Extension personnel and clientele on emerging technologies through video and telephone conferences, newsletters, the AU Precision Ag Portal and trainings as needed. ETP leaders will also respond to needs presented by commodity groups and other agricultural interests.

### **ETP11B. Sheep and Goat Production Systems**

*By JULIO E. CORREA from ALABAMA A & M UNIVERSITY on 2007-01-17*

A. Description:

Most people are familiar with meat and milk products of the more common livestock species. However, as the nation becomes more diverse in cultural habits, farmers are becoming increasingly aware of the potential of small ruminants, especially meat goats. Consumer demand for goat meat is rising and some farmers are raising goats as a way to diversify their products and bring additional income to their operations.

The meat goat industry is one of the fastest growing enterprises of the Alabama agriculture economy. Alabama is the eighth leading state in goat production with close to 40,000 goats on over 1600 farms, mostly small and medium size farms.

Since there are not enough goats produced in the United States, farmers in Alabama have a tremendous potential to expand and supply some of the growing demand for goat meat. Therefore, the goal of this project was to provide local farmers with the most up-to-date information on small ruminant management and marketing.

#### B. Actions and Activities Carried Out:

In the North Alabama Area, Urban Regional Extension Agent (UREA) Eddie J. Wheeler conducted two regional meat goat workshops. The first workshop was held on Saturday, February 11, 2006 at the Alabama A&M University Agribition Center in Huntsville, Alabama. This workshop focused mainly on goat breeding and reproduction aspects such as selection, heterosis and pregnancy diagnosis. The second workshop, which was held on Saturday, September 30, 2006, also took place at the Alabama A&M University Agribition Center. This workshop focused on premises identification, financial analysis, marketing opportunities, research on meat goat breeds, and the future of the goat industry in Alabama.

The above mentioned workshops included among its speakers Dr. Chris Bishop, Veterinary Medical Officer with the Alabama Department of Agriculture and Industries; Dr. Sandra Solaiman, Director of Small Ruminant Research at Tuskegee University; Dr. Richard Browning, Jr., Agriculture Researcher at Tennessee State University; Mr. Max Runge, Extension Economist at Auburn University; Dr. Julio E. Correa, Associate Professor and Extension Animal Scientist at Alabama A&M University; Dr. Maria L. Leite-Browning, Extension Animal Scientist at Alabama A&M University; Dr. Jacqueline U. Johnson, Professor and Extension Veterinarian at Alabama A&M University; Mr. Mitt Walker, Meat Goat and Sheep Division Director of the Alabama Farmers Federation; and Ms. Edie Grover, Meat Goat and Sheep Committee Member of the Alabama Farmers Federation.





**TOP LEFT TO RIGHT: Julio Correa, Eddie Wheeler, Robert Spencer, Richard Browning, and Maria Leite-Browning. BOTTOM LEFT TO RIGHT: Sandra Solaiman, Max Runge, and Tommie Teacher.**

These workshops were sponsored by the Alabama Meat Goat and Sheep Producers, a Division of the Alabama Farmers Federation; Alabama Farmers' Cooperative; Madison County Farmers' Cooperative; Limestone County Farmers' Cooperative; Jeffers Livestock Company; Register's Sheep and Goat Supplies; Tractor Supply Company; and Alabama A&M University Agribition Center.

In the Southwest Alabama Area, UREA Tommie Teacher continued his work with youth through seminars and hands-on training. The first educational activity, which was held on Monday, January 2, 2006 at the Waddy Meat Goat Farm in Uniontown, focused on the USDA Farm Service Agency and the availability of financial resources to young farmers. The second activity, which was held on Tuesday, May 30, 2006 at the Perry County Ag and Youth Farm in Uniontown, focused mainly on approaches to strategic deworming of goats.





**High School Students from Southwest Alabama learned how to deworm goats.**

The above mentioned activities included among its participants Mr. Jacob Waddy, Manager of the Perry County Ag and Youth Farm; Mr. Steven Jones, Ag Science Teacher at Hatch High in Uniontown; Mr. Jean Reed, Ag Science Teacher at the Area Vocation Center in Greensboro; Dr. Ntam Baharanyi, Specialist in Animal Science at Tuskegee University; and Dr. Earl Rhoden, Associate Professor in Plant Science at Tuskegee University.

Recognizing the rapid growth of the goat industry in the state, the Alabama Cooperative Extension System (ACES) lend its expertise to other organizations. In 2006, Extension Specialists participated in four different outreach events conducted by the Small Farms Research Center of Alabama A&M University. Three conferences and one field day, held between July 8 and November 17, in North and South Alabama, included presentations by Dr. Julio E. Correa, Associate Professor and Extension Animal Scientist; Dr. Maria L. Leite-Browning, Extension Animal Scientist; Mr. Robert Spencer, Regional Extension Specialist; Mr. Max W. Runge, Extension Economist; and Dr. Jacqueline U. Johnson, Professor and Extension Veterinarian. These specialists discussed subjects such as industry trends, feeding and nutrition, breeding and reproduction, production and management, enterprise budgets, parasite and health management, and others.



**Attendants received valuable information that included topics such as selection, heterosis, and pregnancy diagnosis.**

In addition, Regional Extension Specialist Robert Spencer made presentations at sale barns in Millersville (Clay County), Wedowee (Randolph County), and Brewton (Escambia County). He spoke mostly about animal and herd management issues.

In 2006, Dr. Maria L. Leite-Browning, Specialist with the Urban Affairs and New Nontraditional Programs Unit of ACES, developed three new numbered publications on goats. These publications, which are available in print and on our ACES website ([www.aces.edu](http://www.aces.edu)) under Urban Affairs and New Nontraditional Programs, are listed below along with those from 2005.

- UNP-0029 Sheep and Goat Management Calendar.
- UNP-0067 Herd Health Program and General Management Practices for Angora Goats.
- UNP-0068 Basic Preventive Herd Health Management Strategies for Sheep.
- UNP-0069 Herbicides and Plants: Incidental Toxins?
- UNP-0070 Nutritional Management of Meat Goats.
- UNP-0078 *Haemonchus contortus* (Barber Pole Worm) Infestation in Goats. \*\*\*
- UNP-0079 Causes of Infectious Abortions in Goats. \*\*\*
- UNP-0084 Breed Options for Meat Goat Production in Alabama. \*\*\*

Additionally, Dr. Diego M Gimenez and others from Auburn University developed the “Small Ruminant Pocket Guide” (ANR-1296) and Mr. Max W. Runge updated the “Alabama Interactive Goat Budgets”.

Lastly, UREAs continued to mail to their clientele the goat kid recipes Cabrito en Fricasé (Goat Meat Fricassee), Estofado de Cabrito (Goat Meat Stew), and Curried Goat. Dr. Julio E. Correa, who obtained the recipes from Asociación de Madres Puertorriqueñas, Inc., sent out these recipes initially.

#### C. Results, Impacts and Benefits to Direct Clientele and to the Public:

Results obtained from Extension Professionals showed that a grand total of 76,224 contacts were made through this project. From this grand total, 68% of the contacts were made in the North Alabama Area. Furthermore, results obtained from educational events showed that about 85% of attendants (845) indicated

that the knowledge gained was very helpful to their small ruminant operations.

Besides expressing their appreciation for the learning activities, attendants expressed the need for additional ones on the subject of processing and marketing. It may still be a while before goat meat is available in every market in the United States, but certainly it's on its way.

As this project matures and ACES involvement increases, we shall be able to capture greater impacts of its benefits, particularly to the meat goat industry.

#### D. Fiscal and Human Resources:

According to the reported days worked, 15 ACES employees allocated a total of 771 days to this project in 2006. From this total, 83% was allocated by personnel with the Urban Affairs and New Nontraditional Programs Unit in the North and Southwest Alabama Areas.

#### E. Program Visibility, Exposure and Future Plans:

In an effort to showcase the Sheep and Goat Production Systems Program, a group of specialists from Alabama A&M University and Auburn University participated in the 2006 Sunbelt Expo in Moultrie, Georgia. These specialists, joined by their counterparts from Tuskegee University, Fort Valley State University, and Tennessee State University, made presentations on an array of topics over a three-day period. It was estimated that over 2,500 people from across the Southeastern United States passed through the sheep and goat tent, which was full with a variety of displays. A promotional brochure, designed to introduce, inform, and educate potential and existing producers on the features and services of ETP 11B, was also at hand during the three days in South Georgia.

The Urban Affairs and New Nontraditional Programs Unit plan to continue providing leadership in this specific program area. Future plans include increasing the number of outreach education activities that are focused on meat goat processing and marketing and promoting participation of other ACES personnel. With a growing market, the meat goat industry has great potential for Alabama farmers wanting to go into alternative enterprises.

### **ETP 11C. Beef Cattle Performance Programs to Enhance Profitability**

*MICHELLE FIELD ELMORE from COOPERATIVE EXTENSION SYSTEMS on 2007-02-15*

#### A. Description:

Beef cattle producers must be able to document and interpret their production information for economically important traits in order to remain viable in today's beef cattle industry. This information is necessary to make sound genetic selection decisions to enhance herd profitability and marketing. By combining information obtained through the Alabama Beef Cattle Improvement (BCIA) and Pasture to Rail programs, producers can have an excellent genetic characterization of their herd. The breeding decisions that Alabama cattle producers make will affect the American beef consumer and the image of Alabama cattle in the industry. Through the BCIA and Pasture To Rail programs, Extension agents can assist cattle producers in the following: 1) the organization and analysis of commercial beef production records from birth through harvest 2) marketing of their cattle in performance sales of purebred and commercial cattle 3) the interpretation of performance data results in educational settings. This program allows agents and producers to measure improvements in production (weaning, yearling or carcass data) and monitor the changes in production profitability of herds participating within the county and state. The BCIA and the Pasture To Rail programs can measure the change in productivity of herds incorporating performance proven cattle into the breeding system.

#### B. Actions and Activities Carried Out:

1) 2006 BCIA Annual Meeting: BCIA held its yearly Annual Meeting and Awards Presentation in conjunction with the Alabama Cattlemen's Association's 63rd Annual Convention & Trade Show on Friday & Saturday, February 24-25, 2006 at the Sheraton Hotel Downtown in Birmingham. This joint event provided for further cooperation between the Alabama BCIA, the Alabama Cooperative Extension System, and the Alabama Cattlemen's Association. Working together helped all the organizations involved to target a mutual audience, but also include some individuals that would attend one of the separate organizational events but not both. Therefore, a merging of a more unified audience provided for a more efficient and economic delivery method.

Educational programs were offered for both purebred and commercial producers. Specifically for purebred producers, ACA and BCIA teamed up to present Keith Evans, an experienced marketing consultant, with the topic of discussion "Developing a Marketing Program for Successfully Merchandizing Purebred Cattle" and also Donnell Brown of R. A. Brown & Sons for a on-the-ground view of "Producing Quality Seedstock—What Traits Should You Look for in Today's Environment." These presentations supplied further insight into one of the more difficult and most essential elements of a purebred cattle operation--marketing. The Cattlemen's College also offered programs specifically for commercial producers. David Gonsoulin from the Alabama Department of Agriculture and Industries and Dr. Walt Prevatt from Auburn University highlighted "What Feeder Calf Grades Mean and What to Expect for Feeder Calf Prices in 2006." For all cattle producers, seminars and updates were presented for the national beef checkoff, protecting the US cattle herd and food supply, and managing a healthy cow herd and calf program.

The 2006 BCIA Annual Meeting and Awards Program was held at 4 pm on Saturday, February 25, 2006. There were a total of 52 people in attendance. The BCIA Annual Meeting and Awards Program included a yearly general membership meeting, the presentation of awards for the 2006 Outstanding Extension Agent, the 2006 Purebred Producer of the Year, the 2006 Richard Deese Award, and the BCIA Commercial Herd Awards, which include the Top Weaning Weight Awards, the Most Improved Herds, and Gold Star Cow Awards. The producers who raised the top bulls at the 2005-06 Wiregrass, the 2005 North Alabama, and the 2005 Auburn University Bull Evaluations were also recognized.

A survey of the attendees of the 2006 Annual Meeting and Awards Program was performed to evaluate the new format of holding the event in conjunction with the Alabama Cattlemen's Convention. Fourteen attendees responded for a 27% return. Of the respondents, 85.7% were BCIA members and 71% learned of the meeting by an ad or by the BCIA newsletter. Sixty-four percent of the respondents learned of the meeting by a direct letter and one respondent each learned of the meeting from either their local or regional Extension agent or from a BCIA member. The satisfaction of the respondents of the length, content, and the number and quality of the awards was also tabulated. The length of the annual meeting was rated a 4.4 on average (1=very displeased, 2=slightly displeased, 3=neutral, 4=slightly pleased, 5=very pleased), the content rated a 4.8, the length of the awards program rated a 4.6, and the number and quality of awards rated a 4.7. When asked about the location, cost, and format of the meeting on the same scale, the respondents rated the location at a 4.2, the cost at a 4.3, and the format at a 4.7. On a scale of 1 to 10 (1=least, 10=most), respondents were asked to rank how beneficial the information was that was presented through the efforts of the Alabama BCIA and the Alabama Cattlemen's Association to your cattle operation and the overall average ranking was an 8.8, with numbers ranging from a 10 to 4. All the respondents indicated that they would attend another BCIA Annual Meeting and would also recommend this meeting to another cattle producer. The respondents were also asked if holding the BCIA Annual Meeting and Awards Program in conjunction with the Alabama Cattlemen's Association Convention was helpful in scheduling your attendance. Eighty-six percent stated yes, with one vote of yes and no and one neutral vote. When asked if the respondent would like to see these events combined in the future, 78.6% stated yes, with two neutral votes.

2) BCIA Bull and Heifer Sales: In the calendar year of 2006, BCIA held 7 replacement heifer sales, selling a total of 265 open heifers and 300 bred heifers, and 4 bull sales, selling a total of 298 bulls. These results total to 11 total sales in sale locations throughout the state for an overall total of 863 head sold from BCIA members. These sales were possible through hard work by ACES personnel at the state, regional, and county level, and also BCIA producers.



3) BCIA Performance Records: The Red Wing Cow/Calf software has been utilized by the BCIA to maintain and evaluate member's commercial herds since 2000. The current 2005-06 state data included 54 total herds with 4,926 calf records processed for a state average weaning weight of 540 lbs and an average weaning frame score of 5.25 (n=619). The total number of records in the database for 2005-06 was 107,764, which included all calves, cows, and bulls. In the small herd category, which are herds of 5 to 29 animals, 7,178 total records were processed from 13 total herds for an average weaning weight of 586 lbs from 204 total calves. In the medium herd category, which are herds of 30 to 99 animals, 32,010 total records were processed from 27 total herds for a average weaning weight of 541 lbs from 1,612 total calves. In the large herd category, which are herds of 100 animals or more, 68,576 total records were processed from 14 total herds for an average weaning weight of 529 lbs from 3,110 total calves. These records were processed by ACES county coordinators, regional extension agents, the BCIA state office staff, and BCIA members.

The 2004-05 state data included 60 total herds with 6,783 calf records processed for a state average weaning weight of 549 lbs and an average weaning frame score of 5.13 (n=967). The total number of records in the database for 2004-05 was 100,776, which included all calves, cows, and bulls. In the small herd category, which are herds of 5 to 29 animals, 6,955 total records were processed from 16 total herds for an average weaning weight of 549 lbs from 253 total calves. In the medium herd category, which are herds of 30 to 99 animals, 30,265 total records were processed from 26 total herds for a average weaning weight of 540 lbs from 1,385 total calves. In the large herd category, which are herds of 100 animals or more, 63,556 total records were processed from 18 total herds for an average weaning weight of 530 lbs from 5,145 total calves.

In comparing the two years, 6,988 more animals were processed; however, there were 1,857 less calf records. Six less herds were submitted, with a reduction in 3 small herds, an increase of 1 medium herd, and a reduction in 4 large herds. The overall state average adjusted 205 day weight decreased by 9 pounds from 2004-05 to the 2005-06 calf crop. For comparison, the current calf crop and the results of the previous 5 years are listed in the table below.

Year	# Herds	# Calves	AAWW	FS	#Sm Herds	#Md Herds	#Lg Herds	#Records	Total
2005-06	54	4926	540	5.25 (n=619)	13	27	14	107,764	
2004-05	60	6783	549	5.13 (n=967)	16	26	18	100,776	
2003-04	59	5015	545	5.45 (n=1718)	16	26	17	93,993	
2002-03	81	6108	560	5.46 (n=2905)	26	36	19	86,798	
2001-02	97	8091	557	5.62 (n=3512)					
2000-01	72	5052	565	5.72 (n=1002)					

4) 2005-06 Alabama Pasture to Rail:

#### C. Results, Impacts, and Benefits to Direct Clientele and to the Public:

1) 2006 Membership Impact: Alabama BCIA membership for 2006 totaled 442 members. This included 188 commercial producers, 193 purebred producers, 51 purebred/commercial producers, 2 corporate member, and 8 junior members. Alabama BCIA membership for 2005 totaled 407 members. This included 171 commercial producers, 176 purebred producers, 50 purebred/commercial producers, 1 corporate member, and 9 junior members. Membership in 2004 included a total of 439 members with 183 commercial producers, 204 purebred producers, 42 commercial/purebred producers, 2 corporate members, and 8 junior members.

2) 2006 BCIA Sales Impact: The impact from the 2006 BCIA Sales totaled 863 head sold to 225 different buyers all over the state of Alabama and into all the surrounding states. Economic impact for buyers of BCIA bulls was significant and figured to be a \$357,800 benefit. This figure was calculated by analyzing 298 total bulls sold x 20 calves/year for an estimate of 3 years service for a total of 17,880 calves at an estimate of a premium of \$20/calf to equal \$357,800 dollar impact for BCIA bulls sold in 2006. For the sellers of these bulls, which are BCIA purebred producers, an economic impact of \$652,250 was calculated for 2006. The average bull selling price was \$1,803.10/bull and the total bull sales gross equaled to \$537,325. For commercial BCIA producers, 265 open heifers were sold for an average selling price of \$802/heifer which

totals to an impact of \$212,470. Commercial BCIA producers also sold 300 bred heifers for an average selling price of \$1,180/heifer to make an impact of \$354,000.

### 3) Impact of the 2005-06 Alabama Pasture to Rail Program:

#### D. Fiscal and Human Resources:

Twenty-four ACES employees allocated a total of 1,362 days to this project in 2006. A total of 1,267.50 days have been reported for this 2006 Extension Team Project.

#### E. Program Visibility, Exposure, and Future Plans:

Alabama BCIA was well represented, with the largest delegation to date, at the 38th Annual Beef Improvement Federation (BIF) Research Symposium and Annual Meeting held on April 18-21, 2006 in Choctaw, MS. Thirty-one individuals from Alabama represented the state at the international event. One of our Alabama BCIA producers was particularly highlighted as a nominee for the BIF Purebred Producer of the Year. Lawler Farms, represented by owner Charles Lawler, his grandson Bob Dudley, and manager Bruce Randall, was a nominee for purebred producer of the year. Lawler Farms was one of only 14 nominees for the national BIF Purebred Producer of the Year Award. Whereas, our Alabama nominee did not win the respective award, the operation represented the program very well. Alabama was also recognized and honored as Jimmy Holliman of Marion Junction and Dr. Lisa Kriese-Anderson of Auburn both received BIF Continuing Service Awards, which especially recognizes their dedication to BIF performance ideals over their careers in the beef industry. The educational event included 2 ½ days of educational seminars and 1 day tour of cattle operations and research facilities in Mississippi.

The BCIA Communications Internship is still offered each fall and spring semester to students in the fields of Journalism or Ag Communications. One of the primary responsibilities of the intern is to write and submit press releases after each BCIA sale or event to local newspapers and cattle publications. Seventeen newspaper articles and 10 sale reports in various cattle publications were published in 2006. A quarterly newsletter is also distributed to BCIA members, ACES agents, and buyers of BCIA cattle through the internship each year, which contains these sale and event press releases, upcoming event articles, and educational topics.

Future plans of the association remain centered on the bull evaluation element of our program and the development of a BCIA Foundation. With the continued reduction in participation in the bull evaluation programs, the bull evaluation committee formed in 2005 is still continuing to discuss ideas and plans for the future to best address the needs of the BCIA members to insure the viability of our association into the future. Plans to develop an educational and research foundation under the BCIA are underway. This foundation would utilize donations from cattle producers to support education and beef cattle research for the Alabama cattle industry.

#### ***ETP11D. Meat Animal Quality Assurance***

*WALTER F. OWSLEY from ANIMAL SCIENCES on 2007-02-19*

During 2006, 14 regional meetings were conducted by the Animal Science-Forage Team in the area of Meat Animal Quality Assurance. Seven certification programs were conducted by specialists, REAs and CECs for the Beef Quality Assurance program



**REA Gerry Tompson discusses cow management and Beef Quality**



**Lisa Kriese-Anderson talks about the impact of genetics on beef quality**

. Over 500 beef producers participated in the educational programs. Of these, 252 participated in the certification component. Each participant was asked to take a pre-test and a post-test to test the effectiveness of the educational program. Producers averaged 13.8 correct answers out of 20 on the pre-test, and 18/20 on the post test. The completion of a fed cattle audit on a national level in 2006 provided further evidence of program success. Beef Quality grades were better than for all previous audits. Injection site lesions were no longer listed as an industry challenge.

REAs and specialists also led the BQA educational efforts at the Sunbelt Agriculture Expo in Moultrie, GA, emphasizing handling, injection sites and culling.

Diego Gimenez conducted 4 Meat Goat Quality and Safety programs, reaching over 300 people across Alabama. These programs were Level I of III in the program, and were designed to introduce the concepts of meat quality and safety.

There are 123 pork producers included in the National Pork Board Pork Quality Assurance program at Level III. Each has gone through an extension educational program, and an on-site verification visit by a qualified PQA trainer. In addition, 125 youth participated in the Youth Pork Quality Assurance program in two meetings conducted by team members.

#### **ETP 11F. Alabama Master Cattle Producer Training Program**

*M. KENT STANFORD from AFNR - FIELD on 2007-02-15*

##### **A. Description:**

According to the Alabama Agricultural Statistics Bulletin, cattle production brought in an estimated \$462 million in 2005. Of Alabama's 45,000 plus farms, the vast majority have cattle as a source of income. In the

poultry-rich areas of the state, cattle production mirrors poultry in the top counties and is a natural complement with the land resources required. Studies have shown that the average herd size in the state is roughly 28 head with most of these being part-time producers.

Continuation of the popular Master Cattle Producer program was a goal of the Animal Science and Forages PPT for 2006. Demand from producers in many under-served regions and vocal graduates promoting the course led to a comprehensive approach for the year. Our goal was to expand into new regions and to use new technology to do so.

#### B. Actions and Activities Carried Out:

Planning for the 2006 program began in the fall of 2005. Previous collaborations with surrounding states provided the impetus to include Mississippi as a partner in 2006. This was accomplished through the use of video conferencing at a total of 24 sites across two states. The initial goal was 150-200 producers as we envisioned some wariness about the video conference technology from clients. This proved to be untrue as they wholly embraced the concept with 428 enrolling.

Promotion and publicity for the 2006 course began in late 2005 with extensive statewide coverage. The Alabama Farmers Bulletin reached 60,000 readers while the AFC Cooperative Farming News helped get the word out to its 30,000 readers. Local papers and radio stations provided coverage to well over 200,000 people.

One added component of the video conference program was to provide a binder complete with all presentations to further enhance the learning environment. This was accomplished at no additional cost to the producer. Attendance rates average 98% and graduation rates over 99%. With eight sessions per course, a total of 192 class meetings were held. This allowed 80,640 face-to-face contacts through the course alone. Over 9,400 hours were logged by those in attendance.

2006 also marked the second year for an out-of-region study tour for Master Cattle Producer graduates. Three REA's collaborated to offer the trip to look at the beef production system in the Texas panhandle. A total of 45 producers representing 21 counties chose to further their knowledge by participating.

#### C. Results, Impacts and Benefits to Direct Clientele and to the Public:

A survey is completed at the end of each course to determine how effective we are in this effort. Respondents provided an average score of 9.4 out of a possible 10 (1=poor, 10=excellent) when asked about the overall value of the course. This is very typical of the response we have received since inception of the program in 1999.

Producers on the study tour were very receptive to the new concepts presented during the trip. Over 97% indicated they were either very likely or extremely likely to make changes to their beef enterprise after the trip. They were unanimous in proclaiming that the venture was a good value for their time and investment.

Additional benefits from the Master Cattle Producer program are more difficult to quantify. However, one of the greatest long-term impacts will certainly be the partnerships formed in communities across the state. In preparing for the video conference, many CEC's and REA's secured new locations not previously utilized. These included community college campuses, high schools, and banking institutions. Leaders in those instances became more attuned to Extension programming and serve as vocal proponents for ACES. This increased visibility and willingness to collaborate has brought ACES into new environments ripe for progress.

#### D. Fiscal and Human Resources:

For the year 2006, ACES received a \$5000 grant from the Alabama Cattlemen's Association. These funds supported the production of a CD with the Master Cattle course presentations. These CD's will be available in 2007 for distribution with ANR-1100 Alabama Beef Cattle Producer's Guide.

Based on the ETP database, 27 Extension people reported working 358 days on this project in 2006. By utilizing the distance learning technology, untold hours of inefficient travel time were saved by instructors driving to 24 separate locations. If we assume an average trip of 150 miles, seven class sessions taught by a visiting instructor, and 24 locations, this equates to over 25,000 miles saved. In mileage costs alone, we had a direct cost savings of \$11,214.

#### E. Program Visibility, Exposure and Future Plans:

A CD is currently being completed by ACES media that will transition the course to a self-directed program. We will distribute it to graduates of the 2006 class and then to each person that purchases a copy of ANR-1100. We also plan to pursue a web archive of the presentations that can be viewed at the home computer.

The Master Cattle Producer project was initially designed to run for five years. It has certainly outlived that expectation! It was felt originally that producers would not pay for Extension programs, would not be willing to take exams, or sit through 20 hours of classroom instruction. All of these proved to be baseless thoughts. In fact, vocal graduates are the primary reason we still receive calls regarding the next class.

Visibility for this program has been excellent. We have received publicity through local, state, and regional print media as well as radio. The study tour has been highlighted in Cattle Today, a regional publication reaching 16,000 beef producers. Gulf Coast Cattleman has included tour articles that reached an additional 12,000. In-state publications such as the AFC Cooperative Farming News, Alabama Farmers and Consumers Bulletin, and Alabama Cattleman magazine touched another 105,000. Graduates receive a decorative farm sign and cap upon course completion. These are very visible at industry events and along the roadsides of the state.

Much of the information presented in the textbook will become out of date soon. A self directed course will be the mainstay for the immediate future. Input from constituents will need to be gathered in order to begin work on the next phase.

#### ***ETP16D. Agricultural Business Management and Profitability***

*JOHN L ADRIAN JR from AGRI ECONOMICS & RURAL SOC on 2007-02-16*

Activities contributing to ETP 16D involved 8,914 face-to-face contacts and 7,901 non-face-to-face (largely phone and email) contacts. In addition to collection, assembly, and analysis of participating farm business records and dissemination of related financial, tax, and management guidance, economists addressed a wide array of topics for non-members. Non-members included county and regional extension agents, lenders, accountants, attorneys, specialists, and other farmers. Topics addressed related to taxes, estate planning, feasibility/profitability analysis, financial management, business organization, etc. Examples of particular firm-level issues/problems addressed are: tax consequences of equipment purchases; assigning basis to timberland for heirs; farmer's requirements for FICA taxes and the issue of children; assisted farmers evaluate merits of refinancing a loan; feasibility of poultry operation, goat production, blueberry production, cattle, etc.; evaluating whether to clear cut, selective cut, or sell land and timber; evaluating leasing versus purchasing equipment; counseled farmer concerning the tax/finance issues related to death of mother; provided information about labor laws and farms; analysis of impact of poultry grower's conversion to Pilgrims versus Goldkist as integrator; explained Section 179 election; analyzed impact of conversion to LLC legal form; assisted organization evaluate the merits of requesting tax exempt status, helped organization evaluate merits of forming a foundation; etc. Issues/problems addressed which had implications across many farms included: development of projections of 2006 fuel and fertilizer costs from prior data and projections--for ALFA and Ala. Legislature; provision of data and assistance to attorneys involved with Integrators vs. Poultry Growers in Maryland and Texas; contributed data and expertise to ARS research project which evaluates the profitability of conservation practices on the farm (received \$10,000 with others to support efforts); provided information to assist farmers who had drought related sales of livestock; etc.

Economists had a major role is planning, organizing, and providing information and expertise for risk management meetings throughout the State to establish and evaluate new AgriLite Insurance product. They provided information and expertise to participants at Alabama Income Tax Workshops.

Results/impacts of economists input were estimated to have saved farm families \$400,000 in income and self-employment taxes. Also, through effective estate planning, two farm families were estimated to have saved in excess of \$1.5 million in estate taxes. Economists generated \$100,000 in support of their program through member fees.

A major product of the efforts of the economists is the Alabama Annual Summary Report for 2006 (data for 2001-2005). A major addition to the 2006 publication was data for catfish operations. The Summary serves as a benchmark of data for decision making related to major enterprises in various production areas of the State. Farm level data are provided which identifies the top, middle and lower third of data for comparison purposes. Other publications include: Gulf Coast Farm Analysis Annual Summary 2006 by Brown; and Newsletters provided related to: Profit from Row Crop and Beef Production, What Rental Agreements should include, Meat Goat Production, Getting Started in Farming, Taxation of Social Security Benefits, Options with Weather Related Sales of Livestock, and West Alabama Catfish Enterprise Analysis.

Examples of presentations made with number attending when noted ( ):

- Hardin, Preserving the Family Farm and Sustainability of Rural Communities(84) at annual Risk Management Education and Outlook Conference,
- Hardin, Instructor for Ala. Income Tax Workshop,
- Hardin, made Alabama State report at NAFBAS meeting,
- Brown, Economics of Peanut Production in Southwest Alabama; Jay, Fl. (54); Fairhope (46); and Atmore (42).
- Brown, How to Use Quickbooks Accounting Program, Agric. Risk Mgt. Ed. Training-of-the Trainees Workshop, Ala. A&M/AU, Mobile (40),
- Pierce, Financial Planning, Huntsville(20),
- Pierce, Beef Cattle Outlook, Crossville(54),
- Lisec, Tax Strategies when Drought/Disaster is Declared(20),
- Lisec, Tax Ed./Mgt. for Small/Beginning Farmers at 2006 Deep South Fruit & Veg. Conf.,
- Pepper, Drought Sales of Livestock; Lineville, Montgomery and Tuskegee,
- Pepper, Coordinated Central Alabama portion of visit by German guests to local farms and businesses.

### **ETP 20B1. Beekeeping 2006**

*CATHERINE SABOTA from ALABAMA A & M UNIVERSITY on 2007-01-19*

#### A. Description

Since the 1980's and the onslaught of parasites and diseases on both wild populations of honeybees as well as domesticated (beekeeper) honeybees, the numbers of bees available for pollinating crops (both in home horticulture and commercial crops) has continued to decline. Add to this problem an aging population of registered beekeepers, and the problems begin to become clearer. Some 99 different crops depend upon honeybees for their production.

The goal of this project is to increase numbers of beekeepers in this area and to increase colony numbers of honeybees (and profitability of new beekeepers). Another goal was to organize an association of area beekeepers for educational purposes.

The intended audience of the project includes 7 new beekeepers, area existing beekeepers, and education with the general public. The seven new beekeepers have the following demographics: 6W, 1B, 6M, 1F.

Expected (desired) changes in participants include: (1) completing an exhaustive series of training meetings in apiculture; (2) constructing (assembling) hive parts and equipment; (3) hands-on training in apiculture for practical beekeeping skills; (4) productive and successful production (and pollination of crops); (5) Expansion of their operations.

Research by Dr. Ken Ward and Dr. Rufina Ward at Alabama A&M University has shown a 15 to 20% cotton yield improvement and up to a 60% increase in marketable watermelons per acre due to honeybee populations. Dr. James Tew at Ohio State University has researched declining honeybee population, and beekeeping association's research aging populations and declining numbers of beekeepers.

## B. Actions & Activities Carried Out

A series of classes was conducted in beekeeping methods with the seven demonstrators. Bob Fanning, president of the Madison County Beekeeper's Association, taught the majority of the classes as a volunteer. Two evenings were spent assembling hives at East Lawrence High School Vo-Ag department (shop) with participants. And later activities included in-the-hive demonstrations at Bill's Honey Farm in Meridianville, as well as individual hive visits and work.

Several honey bee educational programs were conducted at Landmark Park in Dothan, Alabama. The outdoor observation area allowed students, teachers, and the public to listen to lectures on honey bee biology, the role they play in pollination, how to ensure their continued survival, and to observe the inside of a real colony up close through a protected screen.

Collaborations include: Bill's Honey Farm, Lawrence County Farmer's Federation (funded refreshments for meetings), East Lawrence High School and the Madison County Beekeeper's Association, Landmark Park in Dothan. ACES staff led all activities in Lawrence County.

A new association of area beekeepers was also formed (A.C.E.S.-led) and newsletters to area beekeepers have been sent out (45) bi-monthly. The association averages 22 persons per meeting and focuses on educational topics in apiculture.

The project has been promoted through multiple newspaper articles in local newspapers (9 articles) reaching approximately 112,015 persons. We also held an ACES workshop for area beekeepers on March 10, 2006 entitled "Raising Queen Bees" (with volunteer presenter Bill Mullins) with approximately 45 participants. And volunteer Jim Macilveen has presented programs to all the 2nd and 3rd graders in Lawrence County on beekeeping (approximately 1,000 contacts).

No multi-state activities occurred.

## C. Results, Impacts and Benefits to Direct Clientele and to the Public:

Summary: Seven new beekeepers were established in 2006. Over 200 participants at workshops gained from 65 to 70% knowledge on beekeeping. Yields of apple gourds (50%), cotton (15-20% estimated), and watermelon (60% estimated) were increased. Returns from bees, bee products and other activities were \$8,732. Value of increased yields due to pollination was \$8,271.

Benefits included 7 new beekeepers established – fully trained, fully-equipped and ready to go. A new association (for education of beekeepers) was established in Lawrence County and many educational programs conducted. This brought about a 70% increase in knowledge and awareness, and promoted beekeeping. As a result of the lectures at Landmark Park in Dothan, 150 students were tested and increased knowledge by 65%. One of our beekeepers has expanded his operation from 0 to 18 hives already and is doing some commercial crop pollination. His bees pollinated 10 acres of watermelons and 27 acres of cotton. Assuming an average yield of 800 melons per acre, a 60% increase in yield would improve returns by about \$672/acre or \$6,720 for 10 acres. Average cotton yields in Alabama are 645 pounds per acre. A 15 to 20% increase due to pollination would result in yields of 741 to 774 pounds per acre or a total increase of 2,592 to 3,483 pounds for 27 acres. At a price of \$0.55 per pound, that is a total increase in returns of \$1,425.60 to \$1,915.65 on 26 acres. The cotton "... outproduced expectations", Jimmy Parker said. It was a win/win situation for all of us." In Houston County one producer with 5 colonies produced 30 gallons of honey. She also produced a new fire ant first aid cream from propolis (bee glue) in the hives. From wax and other products she produced, candles, soap and hand cream. She used her bees to pollinate apple gourds and increased her production by 50%. Her total net return from the bees and increased production due to pollination was \$3,426. The Landmark Park Demonstration not only trains youth and other visitors, but sells the honey and byproducts to further the goals of the honey bee demonstrations. In 2006, Landmark Park netted \$3,907 from the sale of honey, admission to the bee demonstrations, and



contracts for lotions and cream.

Due to the time factors involved in building strong colonies from a mail order of 3,000 bees/hive, this year's honey crop was spent (for the other 6 producer/demonstrators) to increase colony populations. No surplus honey was available for sale. And the summer drought didn't help matters any. Hopefully 2007 will see an increase in hive numbers, hive populations, and surplus honey for sale too. Jimmy Parker's bees produced a surplus of 200 lbs. of honey at a value of approximately \$500.00.

#### D. Fiscal and Human Resources

The project was funded by a grant from Alabama A&M University. Approximately \$4,500.00 was spent to train and equip the 7 new beekeepers (and provide honey harvesting equipment for their use). The only other funding has been money provided by the Lawrence County Farmer's Federation (approximately \$70.00) for meeting refreshments. Volunteers in the project had the following demographics: 7W, 0B, 0O, 7M, 0F, and the total approximate volunteer hours provided was approximately 98 hours (@ \$15/hr.) and a value of \$1,470.00. 0.13 FTE was expended for this project.

#### E. Program Visibility, Exposure and Future Plans

Successes have been communicated via newspaper articles and two separate articles in "The Stinger" newsletter (the newsletter of the Alabama Beekeeper's Association). An ACES "Success Story" was also submitted on 10-12-2006. Photos are available.

Future plans include continued work with the Tennessee Valley Beekeeper's Association and our demonstrators group. Also to assist with the growth and expansion of hive numbers and honey production.

The Dothan producer is in the planning stages to expand her business by rearing queens to sell and developing a new first aid cream. She has a business website located at [www.hortonsfarm.com](http://www.hortonsfarm.com).

All revenue generated from the program is being invested back into the Honey Bee Educational Program at Landmark Park to maintain colonies for optimal health, equipment purchases, and educational material for the programs.

Jerry Chenault of Lawrence County established his program in 2005. Phillip Carter of Dothan established a program in 2003 and continues to monitor but not actively add beekeepers.

### **ETP 20B2. Vermiculture**

*CATHERINE SABOTA from ALABAMA A & M UNIVERSITY on 2007-01-19*

#### A. Description

The need for this program was envisioned more as an "opportunity" than as a response to a problem in the area. It is an alternative agricultural production project – a non-traditional, unusual, production project which could possibly help small and limited resource persons (and farmers) to increase their income and therefore their standard of living, their confidence, etc. The intent was to, through education about the project (and an assisting grant through Alabama A&M University), help schools and individuals get started in this unique alternative enterprise which would generate profit and, at the same time, reduce waste products going to over-crowded and expensive landfill spaces. These waste products would instead be turned into food for the vermiculture production project.

This project also provided an opportunity, especially for classrooms, to focus on hands-on, motivated, teachable moments in subjects such as recycling, environmental studies, food chains, composting, and even on entrepreneurship opportunities and business topics (such as record-keeping, profit, loss, expenses,

marketing, etc.) The worms were to be fed, allowed to reproduce (up to 15,000 – 20,000 in one year), and then sold cup by cup as fishing bait (at a nice profit of up to \$2.50 for 40-60 worms). This was to be a sustainable project.

This project blends with the vision and mission of ACES because it is alternative, non-traditional agriculture education, and it involves using research-based information to help people help themselves.

The audiences of the project included interested 6th grade classes in schools (or others as requested). With 8 available Vermiculture units (and 26 contacts per class), we intended to reach 208 persons. The demographics actually involved were as follows: 116W, 30B, 20O, 71M, 95F.

The audiences reached through the Wetlands Edge Environmental Center are difficult to track due to variable scheduling of various classes and groups for field trips there; however, they had a total of 6,223 students attend classes at the center this year.

Expected (desired) changes in clientele included: knowledge increases, profit increases, production increases, and enjoyment of the project.

Research base is unknown.

#### B. Actions & Activities Carried Out

As worm bins were placed in 6 classroom settings, each class participated in a one-hour PowerPoint training on management of the worm bins. This enabled them to learn how to properly care for the worms and to manage them for production and future sales. One unit was placed at Wetlands Edge Environmental Center, an educational center which conducts tours and classes for many school groups, and has been used as a worm producer (an educational feature) to help keep down feed costs for other animals held on-site. The center features many native animals, as well as large tanks of aquatic animals and creatures of the rivers and oceans.

Collaboration (ACES-led) was with Lawrence County Schools, Wetland's Edge Environmental Center, and the Alternative School.

The project was promoted and publicized through an ACES "Success Story" as well as an article in the Alabama State Co-Op news. It was also featured in a Metro News article and in our local newspapers this past fall. It has been in print to over 77,000 persons through these articles.

There were no multi-state activities with this project.

#### C. Results, Impacts and Benefits to Direct Clientele and to the Public:

Benefits of the project were short-circuited this summer as 6 of the 8 units were left, unmaintained, at schools over the break. This was in spite of directions given in print at orientation (and verbally at orientation), as well as in letters to the teachers in April, 2006. The units, while abandoned, dried up and lost 9 months of worm production efforts. They were returned afterwards.

The unit at Wetland's Edge Environmental Center has been a success and has saved the center over \$1,200.00 in worm costs! This has allowed them to purchase other items with money that would have normally been spent on feed. Both the unit at Wetland's Edge, as well as all the other 7 units, were used for education about Vermiculture to approximately 166 persons.

Others who have read about the project across the state (and have started their own business because of it) are untrackable.

#### D. Fiscal and Human Resources

This project was funded by a grant from Alabama A&M University. No volunteers (other than the 9 teachers involved) were utilized. 0.07 FTE were utilized in this program. Jerry Chenault is the only agent working on this project.

#### E. Program Visibility, Exposure and Future Plans

As mentioned above, this project has been written about in the State Co-op News (circulation 34,000) as well as an ACES "Success Story." Photos are available. See enclosed article from Farmer's Co-op News.

Future plans include maintaining active units at three sites; but no further efforts to promote, expand, etc. the project. This project will be merged into ETP20B in 2007.

## **NATIONAL GOAL 2:**

**A safe and secure food and fiber system. To ensure an adequate food and fiber supply and food safety through improved science based detection, surveillance, prevention, and education.**

### **ETP11I. National Animal Identification Educational Program**

*LISA ANN KRIESE-ANDERSON from ANIMAL SCIENCES on 2007-02-20*

#### Description

The National Animal Identification System (NAIS) has one goal. That goal is to safeguard animal health in America. To accomplish this goal, animal health officials must be able to trace animals within 48 hours of a disease outbreak. Currently, NAIS is a program coordinated by USDA and APHIS with significant input from industry representatives and producers. USDA states NAIS is a State-Federal-Industry partnership. Animal health officials are interested in tracking diseases capable of crippling an animal industry or significantly impacting human health. Diseases USDA and APHIS are interested in tracking include TB, brucellosis, chronic wasting disease, foot and mouth disease, West Nile Virus, Venezuelan equine encephalitis, PRRS and bovine spongiform encephalopathy, to name a few. In time, there will be many species of animals impacted by NAIS. They include bison in private or public herds, camelids (llamas and alpacas), cattle, cervids (elk, deer, etc. in captivity), goats, horses, poultry, sheep and swine. A more timely response to a disease outbreak will benefit producers. NAIS would reduce quarantine zones and be less intrusive to surrounding producers. Movement restrictions could also be lifted earlier. Most importantly, healthy animals boost consumer confidence.

There are three component parts to NAIS. They include premises registration, individual animal identification, and animal tracking.

**Premises Registration:** A premises can be compared to a 911 address for livestock. A premise is the physical location of livestock. Premises registration and database management are the responsibilities of each state (or tribe) veterinarian.

**Individual Animal Identification:** Individual animal identification is permanent identification of an animal which can be collected at the speed of commerce. Animals will not need individual identification until animals are either co-mingled with animals from other premises or are sold.

Each species included in NAIS has a species working group. The working group is responsible for deciding the type of permanent identification which will work most efficiently for the majority of the animals within a species. Producers, industry representatives and USDA officials make up each species working group. USDA is technology neutral as long as the goal of NAIS can be achieved.

Producers will pay for the cost of identifying animals. Once individual animal identification is necessary, an officially approved tag must be applied. Animals already microchipped or having a RFID tag will be grandfathered into NAIS.

Animals born on a farm and dying on the same farm will not need individual animal identification. Animals taken to custom harvest facilities for the producer's consumption also will not need an official animal identification tag. Official animal identification will only be needed for animals that are co-mingled or enter the market place.

**Animal Movement Tracking:** Once NAIS becomes fully operational, it will be required to report animal movements to a central data base. A reportable animal movement can be defined as movements with high impact potential for disease spread. Movements are to be reported within 24 hours or the next business day. Movements not considered high impact include moving animals from pasture to pasture (no co-mingling of other animals of different premises), animals that accidentally get out, recreational uses, or custom harvest.

The type of information reported to the ATDs will include premises number, animal identification number (or group/lot), date and event (sold at stockyard, died, co-mingled in winter wheat pasture, co-mingled at fair/exhibition, treated at vet clinic, etc). Optional types of information may include species, sex, birth date and other official identification numbers.

There will be a cost to report animal movements. For all species, none are willing to pay more than a nominal fee over the life of the animal.

Timeline: USDA would like all premises registered by the end of 2007. Individual animal identification is to begin in 2007 and animal tracking in 2008. With this timeline, it was essential that Alabama producers be educated on NAIS.

Problem/Opportunity: As with many programs initiated from the federal government, many producers have fears concerning confidentiality of data and lack of understanding of the entire program. This ETP was designed to give Alabama livestock producers all the information available concerning NAIS. This included program specifics, program timelines and what exactly was needed to be compliant. The ETP was designed to dispel myths and provide facts in partnership with the Alabama State Veterinarian's office.

Goals: The goals of this ETP were:

1. To ensure all Animal Sciences and Forages Team members understood NAIS.
2. To train Animal Sciences and Forages REAs and primary CECs to deliver region or county based programs concerning NAIS
3. To partner with Alabama Ag & Industries (State Veterinarian's office) in educating producers concerning NAIS, and specifically premises registration.

Objectives: The objectives of this ETP were:

1. To provide a day long training for Animal Sciences and Forages REAs and primary CEC's on NAIS.
2. To provide a day long training for Animal Sciences and Forages REAs and primary CECs on how to register premises for producers through the State Veterinarian's office
3. To provide a powerpoint presentation to Animal Sciences and Forages REAs and CECs to enable them to present information to producers
4. To facilitate producer meetings in Alabama Auction Markets concerning premises registration and other educational topics in conjunction with Alabama Department of Ag & Industries

Audience: The audience is Alabama producers who own or board bovine, equine, caprine, ovine, or porcine on their farms. Alabama statistics reports 44,000 farms in Alabama. It is estimated by USDA that there are 35,538 premises in Alabama. We hope to reach 5,000 producers statewide through our efforts. The demographic makeup would be as follows:

Male

% Female

% White

% Black

% AI & Akn % A or PI

% Hisp.

% Rural % Urban %

75 25 94 5 0 0 1

80 20

Expected Outcomes:

1. Producers receive unbiased and factual information concerning NAIS
2. Producers have ability to ask questions concerning NAIS
3. Producers have the ability to register their premises in Alabama easily

Research Base:

The research base can be found on the NAIS website. Two specific locations are:

<http://animalid.aphis.usda.gov/nais/naislibrary/guidelines.shtml>

<http://animalid.aphis.usda.gov/nais/naislibrary/factsheets.shtml>

Actions and Activities Carried Out:

In November 2005, Dr. Tony Frazier, Alabama State veterinarian, Joshua Elmore, Ag Program Associate, and Lisa Kriese-Anderson, Extension Animal Scientist, trained Animal Sciences and Forages Team members on NAIS. A day long workshop for 35 team members was conducted at the Richard Beard Building in Montgomery. Team members were taught the facts concerning NAIS. They were also given extensive training on how to register premises for their producers. This is a web-based system.

In January 2006, powerpoint presentations were given to Animal Sciences and Forages REAs and primary CECs to use in conjunction with educational meetings concerning NAIS. They could use these powerpoints in any appropriate manner. In April 2006, Bob Ebert announced all youth exhibitors would need premises numbers to participate in youth livestock shows beginning in October 2007.

An animal id task force was also formed by Dr. Tony Frazier. Key members of extension (Brady, Elmore, Ebert, Kriese-Anderson and McCall) were asked to be part of this task force. From this task force, it was decided to plan and implement premises registration meetings at Alabama Livestock Markets throughout the fall. All species producers would be welcome. It was up to each Livestock Market to coordinate times/dates with Joshua Elmore. It was also up to each Livestock Market to identify additional educational topics for their meeting. Topics ranged from drought relief to estate planning to nutritional needs for livestock. Alabama Livestock Markets were provided grant dollars from Alabama Ag and Industries to advertise. The livestock markets primarily targeted their customers through mass mailings and announcements from the auction block.

Seven Alabama Auction Markets throughout Alabama (Valley in Decatur, Livingston in Livingston, Clay County in Lineville, Cullman in Cullman, Alabama Auction Market in Uniontown, Russellville in Russellville and Linden in Linden) chose to host premises registration meetings from September to November. Regional and county agents participated through offering other educational topics at these seven meetings. An average of 150 people attended each auction market meeting for a total of 1050 people.

In areas where auction markets were not interested in sponsoring a meeting, regional and county agents planned and implemented meetings. Six regional meetings (Barbour County, Butler County, Escambia County, Lee County, Macon County and Washington County) were host sites. The Escambia County meeting was specifically for meat goats. Agents utilized individual mailings and newspaper columns to advertise meetings. In addition, all meetings were listed on the Animal Sciences and Forages website (<http://www.aces.edu/animalforage/>). On average, 125 people attended each of these meetings for a total of 750. These meetings were conducted from June through December 2006.

Joshua Elmore and Lisa Kriese-Anderson were also invited to speak at an additional 11 regional or state wide meetings. The meeting formats ranged from trade show type formats to individual presentations. Dairy goat and equine producers were reached in addition to beef producers in the state-wide meetings. We were able to reach an additional 3000 producers. These meetings were advertised through individual mailings, newsletters and magazine advertisements. These meetings were sponsored by ALFA, Alabama Cattleman's Association (ACA), Horseman's Council and Extension. In most cases, the State Veterinarian or Assistant State Veterinarian was also present.

Also, as part of the animal id task force, Ag & Industries provided new GPS units to Animal Science and Forages REAs and primary CECs. These units are needed to determine GPS coordinates for premises registration forms. Shannon Norwood provided a 3 hour in-service training to all agents at the December 2006 Animal Sciences and Forages Team meeting. She taught agents how to determine GPS coordinates as well as several other uses that are very beneficial in Extension programming.

Most of the meetings were not multi-state. Premises registration is the responsibility of the State. There were people in attendance from other states (Tennessee, Georgia, Florida and Mississippi). However, they were told to contact their State Veterinarian for their specific details.

However, Alabama did participate in a joint programming effort with LSU and Mississippi State on Source and Age Verification in May 2006. The one-day meeting was offered via video-conference technology. One of the presentations presented the basics of NAIS. Alabama offered the conference in 4 locations (Auburn, Headland, Clarke and Chilton Counties). There were 25 producers in attendance.

### Results and Impact

2006 was not the first time Alabama producers have been exposed to the concept of NAIS and premises registration. However, with the additional push for educational meetings and premises registration in Alabama during 2006, Alabama producers and Kentucky producers are the most educated producers in the southeast concerning NAIS. They have been given the facts and alternatives more than any other southeastern state because of other ongoing educational programs (Alabama Beef Connection and Southeastern Livestock Network). In 2006, 4,750 people attended meetings concerning NAIS and premises registration in Alabama. It is unknown how many additional producers were educated from those attending these meetings.

From evaluations of these meetings, numerous participants commented that for the first time they actually understood the mechanics of premises registration and signed up for the voluntary program. Producers

stated that the instructors made the information easier to understand. They also enjoyed the contact with State Animal Health Officials and Animal Science/Extension educators as it gave them a chance to establish a comfort level in order to get their personal questions answered.

In January 2006, there were 2,000 premises registered in Alabama. On February 12, 2007, USDA reported 3,196 (or 9%) Alabama premises registered. Much of the increase in premises registration can be traced back to Extension programming. Youth, BCIA producers and producers participating in cattle tele-auctions are required to have premises numbers.

USDA challenged each State to have 25% of premises registered by January 1, 2007. Sixteen States made that goal. In August 2006, USDA announced NAIS would remain a voluntary program for the foreseeable future. This significantly hampered efforts to enroll premises when most producers felt there was no need. Some States have enacted legislation to make premises registration mandatory. There is major resistance within political circles to make premises registration mandatory in Alabama.

Most producers with premises numbers are involved in advanced beef cattle marketing. These producers generally also have detailed records on their cattle. In fall 2006, producers with premise numbers, health and birthdate records marketing in tele-auction sales in Alabama saw a \$5 to \$15/cwt increase in calf prices over producers without these items. On a 650 pound calf, this translates into \$30 to \$100 more per calf sold. These records are then used by the buyers to increase food safety claims to the average consumer in America and abroad by stating source and age verification. Those producers participating in the Alabama Pasture to Rail Program in 2006-07 automatically receive a \$25/head premium for having a premise number and individual calf records.

#### Fiscal and Human Resources:

The project was funded through Extension travel allocations, Alabama Beef Connection grant dollars and Department of Ag & Industry grant dollars. Alabama Ag & Industries sponsored up to \$500 per premise registration meeting this fall. This could pay for advertising, rental costs and meal costs. Alabama Beef Connection also paid for some travel expenses for regional agents to conduct meetings.

There were 347 days allocated to ETP11I. This equates to 1.49 FTE. There were 296 days reported or 1.27 FTE.

#### Program Visibility, Exposure and Future Plans:

The program results are evident to the lead commodity groups in Alabama. Through the partnership with this project, significant trust has been built within Alabama Ag & Industries. This will result in continued communication and additional joint programming. For example, Extension is also part of their Emergency Preparedness Task Force. This will allow Extension to contribute in the correct areas in times of emergency. In addition, Alabama Livestock Marketing Association will at least speak to us cordially. That has not always been the case.

Agents who worked well with this ETP include Anthony Wiggins, Ken Kelley, Henry Dorough, Charlie Mason, Boyd Brady, Gerry Thompson and Kim Wilkins.

Due to the success of the program, additional premises registration meetings are planned for 2007, with the same partners. Partners include Alabama Ag & Industries (State Veterinarian), Auburn University Animal Sciences Department, Alabama Cooperative Extension System, Alabama Cattlemen's Association, Alabama Farmers Federation and Alabama Livestock Marketing Association.

## **ETP 20A1 COMMUNITY GARDENS**

*CATHERINE SABOTA from ALABAMA A & M UNIVERSITY on 2007-01-17*

### A. Description:

Community gardens have given city dwellers a place to garden for years. Today we are working in low-income areas to boost the community's morale and we hope to provide community-strengthening activities at the same time. Community gardens also play a role in creating a more food secure community. The national Community Food Security Coalition argues that community food security represents a concept that addresses many of the problems affecting our society and environment due to an unsustainable and unjust food system. The goals of this program area are to improve the nutrition of underserved communities, improve the local food system and create a self sustaining program that focuses on community needs while

improving the connection people have with nature and the land.

Community gardens were developed at two locations in Birmingham, three locations in the Tuscaloosa and three locations in Hartselle/Decatur. The locations of these gardens were in low-income areas with a majority of the population being minorities. These gardens provided food for underprivileged as well as knowledge on how to grow their own food

The common goals of these projects revolve around the health benefit of fresh fruits and vegetables. Research has proven that increased consumption of fresh fruits and vegetables leads to better health by reducing the incidence of heart disease, high blood pressure, and cancer. Grape tomatoes were chosen in one project because of their lycopene content, in addition they are easy to distribute without having to be processed. Blueberries were also planted extensively in the fruit plantings. While all fruits provide health benefits, research indicates that blueberries produce more antioxidants than any other fruit. Providing these fresh fruits and vegetables, and teaching others how to produce their own, is what gives these projects worth.

#### B. Actions & Activities Carried Out

1. East Lake Community Garden is located in the South East Lake neighborhood of Birmingham. The community is in transition with young middle class families moving into the neighborhood. The garden will offer educational opportunities to the residents of the community as well as a place to grow fresh vegetables.

- a. Youth gardening program was conducted during the summer with kids from the East Lake United Methodist Church daycare.
- b. Summer cover crop was planted to bring nutrients into the soil.
- c. This spring two meetings were held to build community support and interest to the garden.
- d. The garden had a series of five workdays to begin building the garden.
- e. Cabbage and collards were planted by the youth gardening program in the fall for the gardens first planting.
- f. The garden is also partnering with PEER, Inc, Eastern Medical Systems and Jefferson County Food Security Coalition.

2. The Bessemer People Helping People Urban Farm is a fourteen-acre property that will have organic vegetable production on a portion. The goals of the farm are to provide entrepreneurship training for at risk youth in the Bessemer area. The produce will be sold to sustain the project and some will be donated to the local senior citizen center.

- a. Summer crop was planted and lost due to the drought this summer.
- b. This fall, along with a NRCS EQUIP grant, the farm installed drip irrigation and plastic.
- c. This fall a crop of collards, cabbage, broccoli, kale, mustard greens and a few other winter vegetables were planted.
- d. The youth entrepreneurship program has been held for four Saturdays with about ten youth each week.
- e. The farm has created a board of directors and is working towards their 501c3 IRS designation.
- f. The garden is also partnering with Heifer International, Jones Valley Urban Farm, USDA Natural Resource Conservation Service, the city of Bessemer, Hopewell Missionary Baptist Church and others in the future.

3. Jefferson County Food Security Coalition (JCFSC) - The Jefferson County Food Security Coalition is a new organization forming in Jefferson County. It is planning to assess the food insecurity needs of Jefferson County. I am working with the community garden and food assessment committee. The community garden committee is working to see how community gardens can help create a more food secure community. The coalition is made up of many partnering agencies including several churches, soup kitchens, local politicians, physicians, the Jefferson County Health Department, UAB school of Public Health and many others that are interested in creating a more food secure community.

- a. During the spring two informational forums were held in Bessemer to discuss needs in the area concerning food insecurity.
- b. In June the JCFSC hosted a festival on the Bessemer farm. The festival included educational activities for youth that were concentrated on healthy eating habits and gardening.
- c. Two informational forums held in the East Lake community were educational based but also increased our community participants on the coalition.



d. In the fall 2006, we began to outline what direction the food assessment will take.

4. At the Seeds of Hope Garden, fliers were handed out in the community to inform the neighborhood of their opportunity to have their own garden plot. Families met and chose their plot. The day we planted, plants and seeds were brought for the families to choose from. Each family was provided information on proper planting techniques. The family was also taught how to maintain their garden plot. Families did so and then harvested from their plot. In the fall, each family did not receive a plot. The garden was planted as one large garden for the community to share.

5. Callahan Mission Farm was the idea of a local pastor, Milton Booth. The goal of this garden was for volunteers to plant, maintain and harvest produce that would go to local food banks. The volunteers and donations would come from local churches. Rev. Booth passed away the day after the ground was plowed. So the garden was put on hold and planted early May. The garden area was approximately 2 acres and was all planted, maintained and harvested by volunteers from the community.

6. The Carter-Bush Community Garden was a partnership with the South Tuscaloosa Community Coalition. The goal of this garden was to teach young people from the south Tuscaloosa area how to grow their own produce and give them something productive to do with their free time. Adult volunteers from the neighborhood brought youth from the community, ranging from age 5 to 15, to the garden once or twice a week to plant, maintain and harvest the garden. The garden was approximately 1 acre.

7. The Grape Tomato Project was developed on the grounds of WYAM TV 56 cable TV station located in Decatur, AL. The opportunity for this project was made available when the owners of the station agreed to provide space for growing grape tomatoes as well as facilities, equipment and air time to be used to give the project visibility. The goal of the project is three-fold. First, as the garden is established and tended throughout the year, one goal is to educate homeowners about the health benefits of fresh vegetables and how they could produce these in small areas around their home. Another goal is to educate youth volunteers, through hands on experience, how food is produced. The third goal is to distribute the harvest of the garden to individuals who would normally not have access to fresh vegetables. The project provides grape tomatoes to Meals on Wheels, a local non-profit organization, to be distributed on the lunches they deliver daily. The desired results of this project are to provide information people could use to help them be better able to produce fresh vegetables for their family.

8. The Hartselle Youth Alive Garden was established at the Roberts Court apartment complex. Roberts Court is part of the Hartselle Housing Authority. Hartselle Youth Alive is a summer long program for disadvantaged youth that provides education and activities. An Annual vegetable garden and a perennial fruit planting were established in an area next to the recreational facility. One goal of the project is to provide hands on experience to young people in the area of home gardening. Another goal is to distribute the produce of the garden to families of the young people participating in the project and provide them with information about the health benefits of fresh vegetables. The desired results are that children will gain knowledge of how to produce their own food, and in the process, provide fresh fruits and vegetables to their families to increase the number of servings of fresh fruits and vegetables in their diets.

9. The Fruit Planting at the Tennessee Valley Outreach Mission was established to provide a source of fresh fruit to the Mission's kitchen. Tennessee Valley Outreach Mission is a non-profit organization established for the purpose of providing food and shelter to homeless and transient individuals, helping them become reestablished as a productive member of society. Since the fruit planting is on the premises of the facility, it not only will provide fresh fruit, but it will also provide an opportunity for the residents to be involved in the production. The goals of this project are to help residents have access to fresh fruits and their health benefits, and also to provide an opportunity for physical and mental stimulation via work in the fruit planting. The desired results are not only that residents will consume more fresh fruit, but that they may be provided "horticulture therapy".

## B. Results, Impacts and Benefits to Direct Clientele and to the Public:

### 1. East Lake Community Garden

a. This past summer forty children from East Lake United Methodist Church Daycare participated in a youth gardening program. The children ranged in age from completing kindergarten to going into the sixth grade. At the beginning of the program many of the kids were not interested in getting their hands dirty. When the

program first began, 40% of the children could name more than four vegetables and 60% of the children confused fruits and vegetables. By the end of the summer the kids were excited about gardening, including getting their hands dirty, and 100% of the kids could name more than six vegetables and knew which were fruits and vegetables.

b. One of the lessons focused on the youth identifying fruits and vegetables, learning the difference between a fruit and vegetable and tasting fruits and vegetables that they had never tried before. All forty of the children ate vegetables and fruit that they had never tried before. Five of the children reported back that they had convinced their mothers to buy one of the things they had tried.

#### 2. Bessemer People Helping People Urban Farm

The summer drought devastated the farm this year. For the most part they had a total crop loss. Out of this came the NRCS EQUIP grant. \$2000 was given to the farm to install the plasticulture and drip irrigation system. Heifer International provided the funds for the water meter and tap.

#### 3. Jefferson County Food Security Coalition (JCFSC)

This group is still in its organizing stage. Two community forums were held in the East Lake community. The forum brought community leaders, residents, social service providers and educators to the table for the first time to discuss the food insecurity problems of East Lake.

4. The Seeds of Hope Community garden in Tuscaloosa was not watered and drought conditions seriously affected the harvest. Only 40 pounds of tomatoes were harvested. This saved the families approximately \$80.

5. At the Callahan Mission Farm approximately 1167 pounds of produce consisting of tomatoes, peas, peppers, eggplant, corn, okra, squash and cucumbers were harvested. This produce was distributed to the Tuscaloosa Soup Bowl, Salvation Army, Tuscaloosa Group Home, St. Mark Food Pantry, and Weeping Mary AME Zion Church Food Pantry. All of these food banks said that they could not afford to buy fresh produce, so they were very grateful for all they were given. This produce saved them approximately \$1400.

6. The Carter-Bush Community Garden had limited access to water; therefore drought conditions severely reduced the yields of this garden. Approximately 840 pounds of tomatoes, cucumbers, peas, squash, peppers, cabbage and watermelons were harvested with a value of \$964. Eleven youth and ten adults volunteered 60 hours to the garden a value of \$900. The youth took the produce home that they grew and any extra was given to elderly in the neighborhood. All the youth participating in this program said they enjoyed gardening and want to continue gardening in the future.

7. Volunteers for the Grape Tomato Project in Decatur harvested over 400 lbs. of grape tomatoes. These tomatoes had a value of \$800 and were delivered to Meals on Wheels weekly throughout the growing season. This was enough to include a serving of tomatoes on 3200 meals over the summer. Five TV appearances on "Valley Happenings" provided gardening information as well as project updates to 300,000 potential viewers in Morgan and adjacent counties. Volunteers supplied over 100 man-hours, worth at least \$1500 to the project. This project is ongoing and expanding in 2007.

8. The 55 youth involved in the Hartselle Youth Alive Garden produced 850 pounds of produce with a value of \$1275. 50% of the produce was used to provide snacks and meals for the youth during the day, with the remaining 50% being taken home to their families.

a. A pre/post test indicated a 40% increase in basic gardening knowledge. The youth volunteers were very interested in the project continuing.

b. The vegetable garden was expanded by 15% (50 sq. ft.) in 2006 and will be further expanded in 2007.

c. The perennial fruit plantings produced a first time harvest of 75 lbs. of muscadines, blueberries, and blackberries. This fruit had a total value of \$190, and provided the youth with a healthy snack during the day. Eight muscadine grape and 10 blueberry plants were added to the fruit plantings in 2006.

9. A first year harvest of muscadines, blueberries and figs resulted in about 200 lbs. of fresh fruit used at the Tennessee Valley Outreach Mission in 2006. This fruit had a value of \$500 and was consumed fresh by residents of the facility. Additional plantings were added in 2006. A much larger harvest is expected in 2007 as many of the original plantings mature.

Through the production and distribution of the food, the goal of providing fresh fruits and vegetables to

those who might not otherwise have access to them was also accomplished.

#### Summary of Results, Impacts and Benefits to Direct Clientele and to the Public:

The gardens produced 3,572 pounds of fruits and vegetables worth \$5,929. The produce was primarily distributed to participants and their families, Meals on Wheels (3,200 meals supplemented with tomatoes), Tuscaloosa Soup Bowl, Salvation Army, Tuscaloosa Group Home, St. Mark Food Pantry, and Weeping Mary AME Zion Church Food Pantry.

The 146 youth participating in this program gained 40 to 60% knowledge of gardening and fruit and vegetable identification. They were exposed to new foods, were able to taste the foods, take some home for their families, and the produce was used for healthy snacks for the youth.

#### C. Fiscal and Human Resources:

##### 1. East Lake Community Garden

a. Peer Inc has raised money for the past several years through various community activities. They sponsored the summer youth gardening program.

b. Eastern Health Foundation donated the land where the garden is located.

c. Carol Reynolds, Birmingham City Council Person, provided \$2000 to have irrigation installed at the garden.

d. Alabama A&M community gardening grant supplied funds for topsoil, seeds, and the materials to build stairs. The stairs were necessary in order to enter the garden.

##### e. Volunteers

i. Samford Students – 70hrs @ \$15 is \$1050 – these volunteers were young white students between the ages of 19 and 22.

ii. Older adult volunteers from the Neighborhood – 14hrs @ \$15 is \$210 – these volunteers were retired white men and women along with one black man from the community.

##### 2. Bessemer PHP Farm

a. NRCS provided \$2000 and Heifer International provided \$950 for the irrigation.

b. Alabama A&M community gardening grant supplied funds for the insurance on the farm. This was necessary before the landowner would allow use of the property for youth educational programs.

c. Ms. Ward is paid a stipend through the Senior Aide program to oversee the educational programs.

##### d. Volunteers

Church groups as well as youth from the neighborhood are where most of the volunteers come from. 120hrs @ \$15 is \$1800.

##### 3. Tuscaloosa volunteers

a. Seventy volunteers helped plant, maintain and harvest the produce at the Callahan Mission Farm. They spent about 420 volunteer hours worth \$6300.

b. Eleven youth and ten adults volunteered 60 hours to the Carter-Bush Community Garden for a value of \$900.

4. Tuscaloosa projects were funded through a grant from the state through the New Nontraditional Programs Unit of ACES.

##### 5. WYAM Grape Tomato Project

a. Volunteers supplied over 100 man-hours, worth at least \$600 to the project, by harvesting tomatoes.

b. Land for production was donated.

##### 6. Hartselle Youth Alive Garden and Tennessee Valley Outreach

a. \$80 worth of muscadine plants were donated.

b. The garden and orchard land was donated

c. About \$5,000 in grant funds were used to establish these gardens.

#### Summary of Fiscal and Human Resources:

More than 125 volunteers provided 784 volunteer hours for a total value of \$11,760 in time. Agents and specialists dedicated 1.56 FTE to plan, carry out, evaluate and report these programs.

Approximately \$10,000 was donated or provided as grants for this program. Also donated or loaned was the use of land, farm equipment for tilling, and miscellaneous supplies.

#### D. Program Visibility, Exposure and Future Plans:

##### 1. East Lake Community Garden

a. This spring the garden plans to have a ribbon cutting ceremony that will hopefully draw the media and local leaders.

- b. Future plans
  - i. Form a garden club made up of the community gardeners to oversee the operations of the gardens.
  - ii. Provide adult education classes each month.
  - iii. Sell some of the produce at the farmers market to help sustain the garden financially.
  - iv. Take this garden concept to one of the local elementary schools and implement a similar program.
- 2. Bessemer PHP Farm
  - a. March 1, 2006 an article was written in the Western Star newspaper about the farm.
  - b. Bessemer City Council President Dorothy Davidson has vocally supported the program.
  - i. Future plans include an educational program with the New Horizon Alternative School in Bessemer. The program will be horticulture based but will emphasize basic life skills and entrepreneurial skills.
  - ii. Installation of a community garden
  - iii. Planting of fruit trees and plants.
- 3. Jefferson County Food Security Coalition (JCFSC)
  - a. U.S. Representative Artur Davis has a staff member on the coalition that gives the group some political support.
  - b. The community forums are pushing our cause closer to the community level and broadening the membership base.
  - c. The food assessment should begin this spring along with a series of educational forums.
  - d. The food assessment will be used to show need of policy change in the East Lake community. This assessment will hopefully become a model that will be used throughout the county.
- 4. At the Seeds of Hope Garden, fliers were handed out in the community to inform the neighborhood of their opportunity to have their own garden plot. Families met and chose their plot.
- 5. Seeds of Hope Community Garden 2007:
  - a. Participants in this garden will be families from the community and residents at the Homeless Shelter across the road. Individuals and families will have their own plots that will be responsible for planting, maintaining and harvesting. In addition to the plots there will be a "community area" in which the pastor of the church will plant, maintain and harvest and give the produce to the elderly who physically cannot work in the garden.
- 6. Crestmont School Garden:
  - a. Students from Mrs. Abby Loftis first grade class will plant a vegetable garden in the courtyard outside their classroom. Students will plant, maintain and harvest from their garden. Students will take the vegetables will be give the vegetables they grew and either eat them at school or take them home. The students will keep a garden journal.
- 7. Central Primary School Garden:
  - a. As part of the after school program Kindergarten, first and second graders will plant, maintain, and harvest vegetables from the raised beds located on the school grounds. Students will meet once a week to work in the garden and/or participate in educational training on horticulture. The produce that is grown will be donated to local food banks as part of a community service project.
- 8. Objectives of Tuscaloosa Community Gardens 2007
  - a. Train students to be self sufficient
  - b. Supply community food bank
  - c. Supply homeless shelter
  - d. Teach community service
  - e. Teach how plants grow and gain enough knowledge to have own garden
  - f. Improve math and science skills
  - g. Students will take food home to try.
  - h. Food distribution to low-income.
- 9. WYAM Grape Tomato Project
 

Five TV appearances on "Valley Happenings" provided gardening information as well as project updates to 300,000 potential viewers in Morgan and adjacent Counties.
- 10. Hartselle Youth Alive Garden
 

Information about the Morgan County Urban Horticulture Project was shared through the media and by speaking to groups and individuals. In doing so, the goal of educating the public concerning the importance of fresh fruits and vegetables and how to produce them was accomplished.
- 11. Hartselle Youth Alive Garden 2007
 

Coordinate in the production of an annual fruit/vegetable garden on the grounds of the

Obsorne/Warren/Oden Recreation Center in Hartselle. School age children participating in the Hartselle Youth Alive Program will aid in the production and harvest of the vegetable garden. In addition, each youth will be given a containerized plant to take home and care for themselves. A portion of the fresh vegetables will be used at the center where the garden is located, and a portion will be sent home to each child's family. The perennial fruit planting located on the grounds should produce a significant harvest in 2007. The fruit will be distributed in the same manner as the garden produce. Objectives:

- i. Provide hands on gardening experience to 4th – 8th grade youth participating.
- ii. Increase level of knowledge in 75% of those participating to the minimum level required to grow a garden.
- iii. Have 55 youth produce their own food.
- iv. Distribute 30% of food produced to youth at the center.
- v. Distribute 70% of food to families of the youth.
- vi. Improve nutrition and supplement the diet of the youth participating and their families.

#### 12. Tennessee Valley Outreach Ministries Fruit Planting 2007

a. Expand the perennial fruit planting at The Tennessee Valley Outreach Ministry. Residents of the ministry will aid in the establishment and care of the planting. Fruit from the planting will be used in the kitchen of the ministry. Excess fruit will be distributed through other organizations such as Meals on Wheels.

#### b. Objectives

- i. Produce 400 lbs. of fruit to be used in the facilities kitchen or distributed through meals on wheels.
- ii. Provide training to residents on functional foods.
- iii. Provide horticultural therapy through resident participation.

#### 13. Wet N Wild 2007

a. Be a presenter at Wet N Wild, an annual environmental program done in cooperation with NRCS. During the three day program, I do an interactive presentation to all the 5th grade classes in Morgan County (one class at a time) on Food, the Soil, and Urban Gardening.

#### b. Objectives:

- i. Increase by 75% the overall group knowledge of the awareness of food and where it comes from.
- ii. Increase the exposure and promotion of the Morgan County Urban Gardening Projects to teachers and students.

#### 14. Habitat For Humanity Horticultural Training

a. Present at least two training sessions for Habitat for Humanity participants.

#### b. Objective:

Train new homeowners in the basics of landscaping and lawn maintenance to increase their chances of having a well maintained home landscape and increased property value.

#### 15. The Caring Place Garden

a. Begin a new community gardening project with the Morgan County Committee on Church Cooperation. The volunteers will come from area churches. The food produced will be distributed through The Caring Place.

#### b. Objectives

- i. Produce 1000 lbs. of vegetables.
- ii. Distribute vegetables, through The Caring Place, to economically disadvantaged clientele

### **ETP 20B3. New Nontraditional Horticultural Enterprises: Shiitake Mushrooms**

*CATHERINE SABOTA from ALABAMA A & M UNIVERSITY on 2007-01-18*

#### A. Description:

There are over 200 types of mushroom with medicinal properties. Shiitake is the second most consumed mushroom in the world and the literature describes it as the "King of Mushrooms." Research has proven that shiitake should be used in cancer therapy, that it lowers cholesterol and blood pressure, has antibacterial and antiviral properties and is an immunopotentiator. One of the medicinal components of shiitake is lentinan. It is an extract from high-molecular-weight polysaccharides found in the mushroom. Lentinan is used in Japan for AIDs and cancer patients on a regular basis.

The US produced almost 8 million pounds of shiitake mushrooms worth over \$25 million last year. However, most of the US production is sold as fresh or dried product and is rarely sold in the value-added

marketplace.

The shiitake mushroom project was established at Alabama A&M University to determine which substrates (what the mushroom grows on) and production inputs would maximize lentinan content. The higher the lentinan content of the mushrooms, the more they are worth in the value-added market.

The primary objective was to determine if log-grown mushrooms contained higher lentinan content than those grown on artificial substrates. Most of the mushrooms grown in the US are produced on artificial substrates and this production method is more costly than log grown mushrooms. Also, log grown production is easier to establish and can utilize hardwood trees not harvested in timber operations.

There has been an increased interest in establishing shiitake and oyster mushrooms the US and Alabama by woodland owners and other crop producers. Mushroom production is often most intensive in the winter months when most other crops are not being produced. Depending on the intensity of production and the facilities available, mushrooms can be harvested weekly or seasonally. As a second objective, we planned to conduct several shiitake demonstrations throughout the state and to host a conference that would enhance consumer awareness of medicinal mushrooms. Crop and woodland producers and consumers were targeted for demonstrations and educational training.

The educational conference was held in Huntsville, Alabama and was intended to attract clientele from Alabama and surrounding states. The number of participants was anticipated to be 150. The shiitake production demonstrations were scheduled in and around urban areas where producers have the best opportunity to market the mushrooms without extensive travel time for delivery. It was estimated that 5 demonstrations would be conducted in 2006.

It was anticipated that attendees at the conference would increase knowledge and their use of mushrooms in their diet. Also, some participants inoculated and took a shiitake log home to fruit. The conference also included other functional food topics and attendees were expected to make some food choice changes.

The demonstrations conducted were primarily for those interested in commercial production. It was anticipated that there would be knowledge gained, adoption of practices (going into production), and that some growers would eventually (in 2007/8) expand production.

The information disseminated at the conference was provided by researchers from North Carolina, Minnesota, Alabama and USDA (Arkansas). Demonstration information has been researched at Alabama A&M University for 16 years.

Marketing horticultural products is critical to the success of small farmers/producers. For urban and nontraditional producers, farmers' markets can be a crucial outlet. Identification of markets or lack of them and associated problems, if any, is a part of this ETP in 2006 and will be included under all New Nontraditional Horticulture Enterprises in 2007.

#### B. Actions & Activities Carried Out

In 2006, the Urban Rural Interface Conference, hosted by the Urban Affairs New Nontraditional ACES Unit, focused on Functional Foods: The New Medicine. The goal of the conference was to provide information to consumers on foods that provide medicinal benefits, including mushrooms. The speakers included Sally Norton, MPH, from the University of North Carolina. She spoke on how meats are affected by the feed they eat and how our diets affect illness and disease. Dr. Joel Slaton, M.D., University of Minnesota discussed how medicinal mushrooms have been used to treat a number of diseases, mushroom bioactivity and mechanism of action. Dr. Rao Mentreddy, Ph.D., Alabama A&M University described the medicinal benefits of basil. Sue Cummings, Clinical Herbalist, from Huntsville, Alabama demonstrated simple methods of making herbal medicines from common herbs. Dr. Martha Verghese, Ph.D., Alabama A&M University discussed the chemopreventative potentiation of several foods. Dr. Ronald Prior, Ph.D., detailed how oxidative stress is involved in a number of diseases. Dr. Cathy Sabota, Ph.D., discussed research results on how production methods influence the lentinan content of shiitake mushrooms. Dr. Sabota and Rhonda Britton, conducted a shiitake mushroom log inoculation demonstration at the conference. A pre and post conference survey was distributed to all participants before and after the conference program and a 3-month post-conference survey was mailed. This conference was promoted on three television stations, an article was published in the Life section of the Huntsville Times, flyers were distributed intensively in the north Alabama region and through Urban Regional Extension Agents in the rest of the state. Emails and letters were sent to Universities throughout the south. It was also promoted in Food and Nutrition Magazine, the American Society for Horticulture Science Newsletter, Mushroom News, and a website was developed and promoted in media and through the ACES website.

Shiitake mushroom demonstrations were conducted at the Functional Foods Conference, the Deep South Fruit and Vegetable Conference in Mobile, Alabama, in Tuscaloosa, Birmingham, and Guntersville. A shiitake informational meeting was also held in Tuscaloosa. The demonstrations were promoted in the newspaper, online, in mail-out conference programs, by phone contacts and letters.

Three tours of the shiitake research center were provided in 2006. At this center, which is funded in part by AALGA and RREA, research is being conducted to compare substrates for production economics and high-molecular-weight polysaccharide content. Also, several production methods are demonstration for tours and conferences. Oyster mushroom production is also being evaluated as a low input production system. Oyster mushrooms contain lovastatic acid, which is found in the cholesterol-reducing compound lovastatin. Oyster production is low input, but prices and markets are not as reliable as for shiitake. We are currently evaluating the lovastatic acid content of oyster mushroom under various production regimes.

#### C. Results, Impacts and Benefits to Direct Clientele and to the Public:

##### Functional Foods: The New Medicine Conference

The attendees at the Functional Foods Conference were 82% female, 18% male; 58% Black, 32% White, 6% Asian, 3% Hispanic; 3% were 18-29, 21% were 30-44, 34% were 45-59 and 41% were over 60. From the pre-conference survey the data revealed that:

- Females were 21% more likely to eat a balanced diet than males
- Men were 11% more likely to supplement their diet with fiber
- Women were 10% more likely to get 5 fruits and vegetable servings/day
- Women were 15% more likely to take mineral supplements
- Women were 10% more likely to take other health supplements
- White participants were 20% more likely to limit calories than the other races present.
- Whites were 12% more likely to take supplements than other races.
- Blacks were more 5% more likely to eat 5 servings of fruits and vegetables/day.
- Whites were 15% more likely to make herbal supplements
- Participants over 45 were more likely to limit fat in their diet
- Participants over 60 were more likely to eat 5 servings of fruits and vegetables/day
- Participants over 45 were 45% more likely to take minerals and vitamin supplements.
- The primary goal of the participants was to obtain more information on functional foods at the conference.

As a result of the information obtained at the conference, attendees indicated, at the end of the conference that:

- 80% of the participants would pay more attention to future meat purchases
- 91% would be more selective in animal product purchases
- 86% would increase their mushroom consumption
- 80% would choose their mushrooms based on health benefits
- 75% would use more than one type of mushroom for health benefits
- 84% would use fresh basil
- 62% would use basil for health benefits
- 70% would grow their own herbs
- 66% would make more herbal medicines
- 93% would increase functional foods in their diet
- 92% would eliminate foods that increase risk of cancer
- 97% would eat more organic foods
- 79% would eat more fruits and vegetables
- 91% would eat more lean meats
- 82% will cook food differently
- 91% will eat more antioxidant rich foods
- 96% were more aware of how an antioxidants effect health
- 92% had a better understanding of the benefits of antioxidants
- 38% would start taking mushroom supplements.

Four months after the conference, each registered participant was mailed a survey. A second mailing of the same survey was done two months later. There were 200 surveys mailed and 181 were not returned for bad addresses. Of the 181 good addresses, 45 were returned and 17 were completed online. The confidence level for these results was set at 95%. The percent of participants responding with "Agree" or "Strongly Agree" indicates the actual percent  $\pm$  the confidence interval. The results represent all attendees with good mailing addresses. These responses reflect changes made by participants since the conference:

- 90.2%  $\pm$  6.02% (152-174 of the 181 participants) increased the number of functional foods they ate after the conference.
- 56.9%  $\pm$  10.02% (85-121) changed the way they shopped for animal products.
- 38.5%  $\pm$  9.85% (52-88) actively searched for grass fed meats.
- 47.1%  $\pm$  10.1% (67-104) selected which animal products they ate based on what they learned at the conference.
- 40.4%  $\pm$  9.93% (55-91) increased their consumption of fresh white button mushrooms.
- 55.8%  $\pm$  10.05% (83-119) increased their consumption of exotic mushrooms, such as oyster and shiitake.
- 11.5%  $\pm$  6.46% (9-32) started taking mushroom supplements.
- 22.4%  $\pm$  8.44 (25-56) investigated the ingredients in mushroom supplements
- 59.2%  $\pm$  9.95% (89-125) investigated the ingredients in other supplements they consume.
- 67.3%  $\pm$  9.49% (105-139) started selecting the mushrooms they consume based on their health benefits.
- 48.1%  $\pm$  10.11% (69-105) consumed more than one type of mushroom in the month prior to completing the survey.
- 50%  $\pm$  10.12% (72-109) increased their use of fresh basil for cooking.
- 34.6%  $\pm$  9.63% (45-80) started taking basil for its health benefits.
- 46.2%  $\pm$  10.09% (65-102) planted an herb garden.
- 23.1%  $\pm$  8.53% (26-57) made herbal medicines.
- 83%  $\pm$  7.6% (136-164) increased their consumption of colon cancer fighting foods such as tomatoes, rich colored berries, and peanuts.
- 63.5%  $\pm$  9.74% (97-133) started consuming more organic foods.
- 86.3%  $\pm$  6.96% (144-169) started consuming more fruits and vegetables.
- 61.2%  $\pm$  9.86% (93-129) started consuming more lean meats.
- 46%  $\pm$  10.09% (65-101) no longer overcook their meat.
- 84.6%  $\pm$  7.31% (140-166) began to heat more antioxidant rich foods.
- 54.9%  $\pm$  10.07% (81-118) felt they were consuming enough antioxidants.
- 76%  $\pm$  8.64% (122-153) felt that their health had improved as a result of the changes they made since the conference.
- Participants increased their consumption of grass feed meat by 21%.
- Participants consumed mushrooms other than white button mushrooms an average of 4.3 times in the 3 months prior to the survey.
- Participants increased their consumption of functional foods by 29.6% since the conference.

The survey respondents were 83% female, 17% male; average age of 54; 35.7% white, 51.8% black; 3.6% Asian, 1.8% Hispanic, 7.1% other.

A 3-disk DVD and VHS recordings of the conference were made available to all participants and is being promoted on the conference website. To date, 8 copies of the DVD/VHS recording have been sold.

Overall, this conference included many subjects other than mushrooms and their health benefits. Based on the results above, participants gained significant knowledge, adopted many of the research findings and 76% of the participants feel this conference, the information and their adoption of same has improved their health. Since the goal of the conference was to create awareness of these subjects with the hope of some adoption, I feel the conference far exceeded the anticipated outcome. Participants have asked when and if this conference will be held again and if it could be longer.

#### Shiitake and Oyster Mushroom Demonstrations

The Renewable Resources Extension Act provides \$10,333 to the shiitake and oyster mushroom program



to promote mushroom production to forest landowners for supplemental income. The funds are for education and demonstrations. In 2006, six shiitake and oyster mushroom demonstrations/presentations were conducted for 159 producers and other clientele. Three tours of the shiitake research center were provided to 23 clientele. As a result of the demonstrations, six new producers inoculated 410 logs with our assistance and other 200 logs were added later. The commercial demonstrations were conducted late in the year and participants have not been surveyed. Production of the mushrooms will not begin until late spring and more data will be available in late 2007.

#### Shiitake and Oyster Mushroom Research

Shiitake mushrooms grown on logs were determined to contain 2.6 times the lentinan (medicinal component) of those grown on artificial substrates. These results are significant, since almost 90% of the US shiitake mushrooms are grown on artificial substrates. Producers interested in promoting their log grown mushrooms for their health benefits will have a marketing advantage over substrate grown mushrooms that heavily compete in southern markets. This information has been provided at shiitake demonstrations.

#### D. Fiscal and Human Resources:

The Urban-Rural Interface Conference (Functional Foods: The New Medicine) was funded through Urban Extension, RREA funds and participant registration.

The Alabama Agriculture Land Grant Alliance (AALGA) has funded research to determine the medicinal component extraction of oyster and shiitake mushrooms. In 2005-6 and 2006-7, the research funding was \$33,333 and \$25,000, respectively.

The Renewable Resources Extension Act provides \$10,333 to the shiitake and oyster mushroom program to promote mushroom production to forest landowners for supplemental income. The funds are for education and demonstrations.

There were 0.75 ACES-funded FTEs involved in planning, implementing and evaluating this project.

#### E. Program Visibility, Exposure and Future Plans:

This program has not been summarized in any other form. The results of the shiitake research was compiled in a Master's Thesis but has not yet been published. The data from the Functional Food Conference and all research results will be published in 2007.

There are numerous pictures of the Functional Foods conference and the shiitake demonstrations. The Functional Foods conference was videotaped and about 5 hours of programming, interviews with vendors and participants is available.

Michelle Mobley, Eddie Wheeler, and Luci Guthrie are involved in this project and have hosted shiitake mushroom demonstrations in their regions.

It was apparent from the Functional Foods conference that clientele are deeply interested in the subject and would like more information. A two or three-day conference would be more appropriate for this subject and would appeal to those that might travel greater distances. The shiitake and oyster mushroom projects will continue in 2007 and more data will be collected on production, adoption and expansion.

## **NATIONAL GOAL 3:**

**A healthy, well-nourished population. Through research and education on nutrition and development of more nutritious foods, enable people to make health-promoting choices.**

### **ETP 17B. Home Food Preservation**

*SONDRA JEAN WEESE from FAMILY AND CONSUMER SCIENCES on 2007-02-23*

#### **A. Description:**

With the increased emphasis on nutrition and specialty foods, individuals in Alabama are returning or starting to do home preservation. The Alabama Master Gardener Program has also contributed to an increase in home food preservation. Correct home food preservation methods have been taught by the Alabama Cooperative Extension System for over 75 years and this has resulted in a decrease in food borne illnesses from home preserved food products.

#### **B. Actions and Activities Carried Out:**

Between January 1, 2006 and December 31, 2006, over 859 individuals were trained in good food preservation techniques. Nine Regional Agents in the area of Food Safety, Food Preparation and Food Preservation, as well as CEC's, participated in this ETP. Programs were presented on how to prepare jams and jellies and the canning and freezing of fruits and vegetables. Programs were presented to a variety of groups including high school home economic classes and groups of senior citizens. Many meetings included hands on training where the participants actually preserved food products. Several programs have been presented in conjunction with Horticulture and Nutrition and Health REA's. One example is the tomato workshop that was presented in two counties with at least 4 REA's participating. The topics of the workshop included canning and freezing tomatoes as well as how to grow tomatoes and the positive nutritional and health benefits of eating more tomatoes.

Another service performed in this ETP is testing Pressure Canner Gauges. Last year we recorded testing less than 100 gauges. This number is a decline from past years but this is due to the new pressure canner not having the gauge on the top of the canner. Thousands of calls were received into the Alabama Cooperative Extension System and answered by county extension offices. However, the questions that are not easily answered by the Food Preservation Book are referred to the Food Safety, Food Preservation and Food Preparation REA's.

The Alabama Cooperative Extension System has long been recognized as the experts for Food Preservation information. Thousands of copies of the Food Preservation in Alabama Book have been sold in every county across the state of Alabama to attest to the recognition of ACES's expertise in this area.

#### **C. Results, Impacts and Benefits to Direct Clientele and to the Public:**

Results from the Food Preservation Trainings have shown an increase in food preservation knowledge.

No dollar figure can be placed on the absence of food borne illness from home preserved food products. In years past, lives were lost due to botulism toxin not to mention the loss of work and income to families that preserved food incorrectly. In fact, no reports from improperly home canned foods have been reported in the last ten years. Trainings in this area are needed to continue to prevent any recurrence of food borne illnesses from home canned foods.

#### **D. Fiscal and Human Resources:**

Dr. Evelyn Crayton has written the Food Preservation in Alabama book for sale in all the counties. Many individuals throughout the state answer questions about home food preservation with the assistance of this book. The Food Safety, Food Preservation and Food Preparation Program Priority Team (9 REA's and 1 Specialist) is available to answer those questions that are not available in this book. The visibility from this assistance to individuals builds on the long standing credibility established that ACES is the source for food

preservation information.

#### E. Program Visibility, Exposure and Future Plans:

Alabama Cooperative Extension System is highly recognized for the information related to food preservation. With the long-standing recognition in the area of Food Preservation this is one area that needs to be continued for many years to come. Our PPA is set to leverage the skills of home preservation into more entrepreneurial businesses related to further progressing of food. As a result of the interests in food preservation we added a new ETP this year in the area of entrepreneurial food based businesses.

Our future plans are to continue this program within the state of Alabama but not as a Extension Team Project but to include this in the PPA (Program Priority Area).

### **ETP21I. The Nutrition Education Program**

*By SONDRA M. PARMER from FAMILY AND CONSUMER SCIENCES on 2007-01-30*

#### A. Description

Poor dietary habits and physical inactivity are the second leading causes of death in 2000 (400,000 deaths; 16.6%). Research has confirmed that well-designed, behaviorally-driven interventions are effective at improving diets and nutrition-related behaviors (Contento, 1995). Nutrition education is a key strategy for behavior change that should lead to improved health.

People with limited education and income consistently suffer disparately higher rates of diet- and physical inactivity-related health problems, as well as serious chronic diseases. Minority populations are particularly vulnerable. While complex, reasons for these disparities include:

- Having less buying power for healthier foods,
- Having limited access to food assistance programs,
- Living in communities where access to full-service, reasonably priced supermarkets or safe recreational areas is limited, and
- Working in jobs where healthier foods and time for physical activity are less available.

The goal of the Nutrition Education Program (NEP) is to secure federal, state and local funding to provide educational programs that increase the likelihood of food stamp recipients and food stamp eligible populations making healthy food choices consistent with the most recent dietary advice as reflected in the US Department of Agriculture's Dietary Guidelines for Americans and MyPyramid. This goal is consistent with the mission of the Alabama Cooperative Extension System in providing research-based education to improve the quality of life of the state's citizenry.

NEP offers educational programs to food stamp recipients and applicants across the state. Eleven percent of Alabama's population receives food stamps. Most food stamp recipients within Alabama are African American (60%) or Caucasian (37%). Slightly more than one-half of individuals (54%) who benefit from food stamps are children (0-20 years of age). Other beneficiaries are between ages 21 to 40 years of age (26%) and 41 years of age and older (20%). Almost two-thirds of the food stamp recipients within Alabama are female (60%). Of food stamp participants within Alabama, 110,227 households do not have any income. One-quarter (25%) receive some income assistance such as Social Security benefits, Supplemental Security Income or Veteran's Disability benefits. The remaining 12% of food stamp recipients within Alabama receive a form of earned income. The average monthly benefit received by food stamp head of households in Alabama was approximately \$220.00.

#### B. Actions & Activities Carried Out

During Fiscal Year 2006 (October 1, 2005 – September 30, 2006), 23 nutrition educators conducted NEP

education sessions in 46 rural counties in Alabama. Nutrition education was taught using direct and indirect teaching methods in group classes, one-on-one, printed materials and through exhibits. Key educational messages focused on the Dietary Guidelines for Americans and the USDA food guidance system, currently MyPyramid.

The primary audience for this education was food stamp recipients and applicants. In order to reach approved audiences, nutrition education was provided as a result of collaborative efforts with the agencies listed below. Memorandums of Understanding were obtained for each collaborative relationship.

**Food Stamp Office:** Nutrition education was implemented in county food stamp offices of 46 rural counties in Alabama to two primary audiences. First, education was directed toward food stamp clients waiting for services. Twenty-three nutrition educators each provided nutrition education in two county food stamp offices. Second, nutrition education was provided to Department of Human Resource (DHR) JOBS program participants who are food stamp clients.

**Public Housing:** Low income public housing provides affordable, safe, decent and sanitary housing. Public housing attempts to insure a social and economical mix of low income residents in order to foster social stability and upward mobility. Nutrition education was conducted in facilities for public housing residents, targeting specifically women and children.

**Food Banks:** Food banks provide food to 13% of Alabama's population who are at risk of hunger or who are considered "food insecure." Individuals requesting emergency food assistance through food banks were targeted with nutrition education through NEP.

**Community Action Agencies:** In order to reduce poverty in its community, a Community Action Agency works to focus available local, state, private and federal resources to assist low income individuals and families to acquire skills and knowledge, gain access to new opportunities and achieve economic self-sufficiency. Nutrition education classes were conducted with individuals utilizing community action agencies.

**Head Start:** Head Start is a comprehensive child development program which serves children from 3 to 5 years of age, and their families. The overall goal of Head Start is to increase the school readiness of young children in low income families. Nutrition education classes were conducted with Head Start students and parents.

**Mental Health Group Homes:** Alabama's mental health group homes provide services to limited income individuals with cognitive, intellectual and developmental disabilities. Services include on-going education directed toward improvement of daily living skills including independent purchasing and preparation of food. Nutrition education classes were conducted with group home residents.

**Summer Food Service:** The Summer Food Service Program was created to ensure children in low income areas could continue to receive nutritious meals during long school vacations, when they do not have access to school lunch or breakfast. Nutrition education classes were provided to youth participating in these valuable summer programs through NEP.

Not only did NEP through Auburn University implement nutrition education in 46 rural counties in Alabama, Auburn University also held the contract for statewide food stamp nutrition education efforts. In Alabama, NEP involved four projects defined by geographical location which are ultimately reflected by organization. The four projects were (1) Auburn University, Alabama Cooperative Extension System, (2) Alabama A&M University, Alabama Cooperative Extension System, (3) Mobile County Health Department and (4) Alabama Department of Public Health. Auburn University coordinated the state contract for the Alabama DHR. NEP state staff personnel at Auburn University oversaw NEP activities for the statewide contract.

### C. Results, Impacts and Benefits to Direct Clientele and to the Public

Participant demographic data were collected from each NEP educator through a monthly reporting system devised solely for NEP. Through series and single programs, food demonstrations and exhibits, participants were taught how to better manage their limited-resources and live healthier lives through proper nutrition. During FY06, NEP counties served 283,415 individuals in 46 rural Alabama counties. Of these individuals, 35% were direct contacts, which consisted of face-to-face education. Of these individuals, 75% were female (n=62,657). The ethnic distribution for the 83,123 direct contacts is 53% white, 44% African-American and 3% other ethnicities.

In addition to the direct benefits to clientele, county citizens indirectly benefit from NEP due to the: 1) creation of 23 jobs in rural areas (i.e., NEP educators), 2) increase in educational opportunities to 11% of the Alabama population in a previously unexplored locale and 3) increase in 1.7 million federal dollars being brought into the state for educational use in Extension.

Because of NEP, shopping carts of food stamp recipients of Alabama are taking on a new look. Food stamp recipients became more aware and more knowledgeable of why it is important to eat better. They now know that leaner foods, less sugary foods and higher fiber mean better nutrition. And, better nutrition means better health.

Another added advantage to NEP was that food stamp recipients learned how to use their food stamps more wisely to have more money for food during the month. By learning small but useful shopping practices, such as planning weekly menus and making a shopping list, these consumers stretched their food stamp dollars. While these techniques sound like common sense, how many times has the average American not had dinner planned and ordered a pizza. Food stamp participants learned that by planning a meal and shopping wisely, dinner can cost \$10 for a family of four, compared to \$20 for a pizza.

#### What They're Saying

"I never knew that dry milk used in my cooking could help me make my milk last through the month. And it tasted good too."

"I learned how to cut up a whole chicken and get several meals from the same chicken. This has saved me a lot of money!"

"I never understood how important it was to plan meals and make a shopping list. Now I am saving \$23 a month by doing these things. Now I save money, time and frustration when I shop."

#### D. Fiscal and Human Resources

This project was funded through a partnership agreement between the Alabama Cooperative Extension System and the Alabama Department of Human Resources. The program is a match program, requiring 50% of the funds to originate with public, non-federal dollars which are then matched with federal dollars. State dollars were allocated from donation of time to NEP by state paid Extension professionals. This time donation equates to a salary amount that was used for match purposes. The federal dollars came from the Food and Nutrition Service, the federal nutrition arm of the US Department of Agriculture. Allocated funding for FY06 was \$3,484,015.

#### E. Program Visibility, Exposure and Future Plans

A final report for the Nutrition Education Program for FY06 is required as part of the federal guidelines. This report is due by November 30 of the calendar year and was submitted prior to that date to the Alabama Department of Human Resources and the Food and Nutrition Service.

Documentation of NEP activities were provided by county staff and maintained by state personnel. Photos documenting NEP in action have been provided for Extension's Annual Report. Additional photos are available upon request.

NEP educators are an asset to Extension programming. All NEP educators would provide excellent information related to their work at any time. Specifically, Loretta Carr (Marengo/Choctaw Counties) and Mary Shewmaker (Cherokee/Cleburne Counties) have history with this program and are a wealth of information.

The Nutrition Education Program is an ever-evolving program. For FY07, NEP has been approved to conduct nutrition education in eligible schools. One primary goal is to increase behavior-change assessment outcomes similar to former NEP evaluations in the school systems.

## **ETP21J. Urban Nutrition Education Program.**

By *DONNIE LOVE COOK* from *ALABAMA A & M UNIVERSITY* on 2007-02-15

### Program Description:

The Urban Nutrition Education Program (UNEP) funded by USDA Food Stamp Program and the Alabama Cooperative Extension System, the Urban Affairs and New Nontraditional Program Unit housed at Alabama A&M University addresses nutritional issues through out the state in major metropolitan inter-cities. UNEP target audiences are food stamp recipients, persons eligible for food stamps, senior adults who attend and participate in the senior nutrition programs and residents of public housing facilities. The nutrition education classes are conducted by paraprofessional (agent assistants) in public housing areas, after school programs and Food Stamp Offices. Each UNEP group consist of 6 to 16 participants which receive a series of ten (10) nutrition interactive lessons and one or more food demonstrations for both the WEALTH and the Power of Choice curricula. Management and overall coordination of UNEP is provided by Extension specialists and state staff; whereas, field operation through out the state: day-to-day supervision of the program and the paraprofessionals are provided by Urban Regional Extension Agents.

**Evaluation Method:** The process of evaluating the UNEP involves a three-tier approach designed to measure changes in participants' knowledge, behavior, and attitude. The instruments were developed based on the objectives and content described in the curricula WEALTH and Power of Choice.

### Actions and Activities Carried Out

The purpose of the Urban Nutrition Education Program (UNEP) is to empower low-income families to make wise food choices by selecting and preparing safe foods and to consume a nutrient rich diet of healthy foods. The nutrition education taught by agent assistant to the target audience in 2006 is based upon the use of two primary curricula: WEALTH (Wise Eating Approaches for a Lifetime of Health) for adults and the Power of Choice for youth. WEALTH was piloted during the first year of program UNEP operated in nine metropolitan counties throughout the state of Alabama that include Calhoun, Houston, Jefferson, Lauderdale, Madison, Mobile, Montgomery, Morgan, and Tuscaloosa Counties.. During 2006, the agent assistants made 31,011 face-to-face contacts and each contact received direct nutrition education training. In addition, the UREA made 6, 101 direct contacts with the same or similar limited resource audiences. UNEP participants made remarkable lifestyle changes in the areas on nutrition, food safety, physical activity and money management. Through pre-, post -, and delayed post assessments from 3,100 participants in the Wealth groups, the following programmatic impacts were noted:

- 35 percent increase in the number of participants who follow the United States Department of Agriculture's MyPyramid recommendations;
- 31 percent of program participants followed the Dietary Guidelines for Americans published by the US Department of Health and Human Services and the US Department of Agriculture;
- 37 percent of program participants increased their consumption of fruits and vegetables;
- 58 percent increase in the number of participants that refrigerate leftovers within two hours;
- 39 percent increase in the number of participants who do some type of physical activity daily;
- 34 percent increase in the number of participants who comparison-shop; and
- 58 percent increase in the number of participants w-ho use a spending plan.

The health benefits of these improvements, if continued, are tremendous. By continuing these changes, participants can reduce the risk of obesity, Type 2 diabetes, osteoporosis, heart disease, and some cancers. Participants who continue to employ proper food handling techniques can reduce the risk of food borne illnesses. If participants are persistent in utilizing the knowledge learned about money management, they can make their food dollars stretch to have adequate food supplies while providing nutritious meals.

UREAs worked with special schools and after school programs, churches, and community groups, exercise tapes and walking programs, workshops, seminars, health fairs, and cooking clubs to provide hands-on

activities for whole families to promote lifestyle changes. Local vendors provided donations of food for cooking contest and prizes for winners.

#### Fiscal and Human Resources

Urban Regional Extension Agents, specialists, nutrition educators, county Extension coordinators, and Extension District Directors reported working 1,700 days on this Extension Team Project (ETP). County Extension Coordinators were very supportive of the UREA and the UNEP Team through out the year.

#### Program Visibility, Exposure and Future Plans

Letters of support and appreciation for UNEP were received from through out the state of Alabama. The Urban Nutrition Education Program services are food stamp recipients, persons eligible for food stamps, senior adults who attend and participate in the senior nutrition programs and residents of public housing facilities. Each year a renewal proposal is submitted to the USDA Food Stamp Program for funding.

## **NATIONAL GOAL 4:**

**Greater harmony between agriculture and the environment. Enhance the quality of the environment through better understanding of and building on agriculture and forestry's complex links with soil, water, air, and biotic resources.**

### **ETP11G. Environmental Management Systems Providing AFO and CAFO Manure and Environmental Management Education.**

*By TED W TYSON from BIOSYSTEMS ENGINEERING on 2007-02-12*

#### A. Description:

An environmental management system (EMS) is an organized voluntary approach to managing environmental impacts. An EMS helps AFO/CAFO operators clarify their farm environmental "policy" — how environmental concerns are identified and addressed. The EMS guides the farm through planning, implementing, evaluating and reviewing farm decisions that affect the environment. With an EMS the operator identifies and prioritizes environmental risks, and develops an action plan to address them. An EMS follows a Plan-Do-Check-Act Cycle, or PDCA, and has similar elements to quality programs farms now use. Following a PDCA model leads to continuous improvement, an important feature of an EMS. As a precursor to an EMS ETP that will follow in succeeding years, this ETP had the FOUR major thrusts of the Plan-Do-Check-Act Cycle and utilized knowledge gained from previous animal waste management in-service training and the experience of existing agents and specialists.

PLAN - develop or expand the manure/nutrient system management plan to address innovative forage/cropping and storage/handling systems for all on-site farm-produced animal manure/manure products in a practical manner that protects water quality and "meets or exceeds" NRCS standards and guidelines and the ADEM AFO/CAFO Rule. This includes 'taking ownership' of any NRCS-developed plan and ensuring that it makes practical sense for the operation. For AFOs, it could mean for the first time putting a practical nutrient management plan down on paper and even developing an Emergency Action Plan to handle spills, catastrophes, etc.

DO - carry out the plan, recording sufficient information to document to anyone that implementation is according to the plan and that it makes sense for the operation, understand available forms and decide appropriateness for their operation, understand why/when/how to use a CAWV.

CHECK - - do operator weekly and monthly inspections, prepare for ADEM inspections, understand the ADEM requirement for Qualified Credentialed Professional (QCP) annual inspections for quality assurance purposes, select appropriate QCPs, and routinely understand importance of following the plan.

ACT - to improve the operation based on daily, weekly operator inspections, annual QCP inspections, and any ADEM inspections that may occur. This is a re-planning function, at least annually, to add things to the plan that need to be added (changes in application fields and/or forage cropping, dead animal handling, CAWVs, manure testing procedures, etc).

#### B. Actions and Activities Carried Out:

##### AFO/CAFO Continuing Education -

Regional and County ANR agents used CDs and FTP-able Power Point presentations with appropriate ACES Circulars and Timely Information Sheets prepared by specialists on the ACES Waste Management Task Force to provide manure management/environmental Continuing Education training on the county level. Material topics included Expanded Forage Systems to Better Utilize Animal Manure Nutrients, Buffers and Setbacks for Animal Manure Land Application; Understanding The Phosphorus Index, Emergency Response Plans, Waste Management Facility Self-Inspection, Records for Manure Handling and Dead Animal/Bird Management, and How to Operate and Maintain a Dead Animal/Bird Composter.

##### Continuing Animal Waste Vendor Training -

Regional/County Agents helped develop/maintain an adequate force of Certified Animal Waste Vendors to handle animal/bird manure/litter under the ADEM Rule. Agents used specially-targeted (CAWV) educational



materials on/from the website to provide training in land application (nutrient management, crop management), animal/bird mortality management, and record-keeping to existing/aspiring CAWVs preparing for the CAWV2 Education Verification Re-Certification Exam.

#### Alabama Animal Waste Management Web Site -

Regional and County Agents used information from the Alabama Animal Waste Management web site, web-based.php presentations and other appropriate sources to teach operators to understand and properly DOCUMENT the Best Management Practices in their Nutrient Management, Comprehensive Nutrient Management, or Waste Management System Plan.

#### C. Results, Impacts, and Benefits to direct Clientele and to the Public:

Clients Trained in Large Meetings - Extension Education Broiler Litter Producers on Sand Mountain. The approximately 555 CAFOs (Confined Animal Feeding Operations) in the state of Alabama have the burden of acquiring continuing education credits related to litter/manure management and waste system operation on an annual basis. Joyce Tredaway Ducar of the Alabama Cooperative Extension System, in cooperation with Tony Dawkins at the Sand Mountain Research and Extension Center, in Crossville, Alabama hosted a Sand Mountain Broiler Litter Field Day on June 29, 2006. The six-hour field day consisted of a morning field tour and an afternoon indoor workshop. The field tour demonstrated the nutrient management research, specifically the nine projects using broiler litter, which are currently being conducted at the Sand Mountain Research and Extension Center. The afternoon workshop consisted of two sessions and a discussion period. The first session was on the current and future research needs in broiler litter management for Sand Mountain by Tony Dawkins and Frank Owsley. The second session was on Recordkeeping in broiler litter management by Joyce Tredaway Ducar. One-hundred and eighteen people attended the field day and of those, 80 were producers with 48 being registered CAFOs. Five hours of CAFO continuing education credit was given for all-day attendance of the field day. Interaction with CAFO producers has indicated that they have had a difficult time receiving the required 6 hours of continuing education credit so this was a great opportunity for them to do so. They have also indicated that they would like to be updated of the research which being conducted. Cooperatively, Extension and the Sand Mountain Research and Extension Center is assisting in this effort.

Clients Trained in Small Meetings - Quarterly Regional Meetings for Swine Growers in West Alabama. Swine growers in three west Alabama counties, Pickens, Sumter, and Green, generate 40% of the 16.4 million dollars of swine farm income in the state. Although swine numbers and dollars are significant, the numbers of operators are few. All of these operations plus the ones in Greene County are CAFOs (Concentrated Animal Feeding Operations). Semi-annual meetings held jointly by ACES and Alabama Pork Producers for growers in this area the last 2 years have been well received. Held in Aliceville, Alabama, the purpose was to provide continuing educational units for the growers. At grower request, meetings were held quarterly this year, still in Aliceville. Sam Wiggins, County Extension Coordinator, Pickens County, Dr. Frank Owsley, Animal Scientist with Extension and Guy Hall, Alabama Farmers Federation – Pork Producers have planned and conducted these trainings. Mike Davis, Area Forage Specialist, conducted the spring session on use of animal fertilizer on forages. Terry Williamson, NRCS, Pickens County is also a part of this program planning and delivery team. The quarterly format meets producer needs for timely updates on environmental management and increasing CAFO rule enforcement. The average attendance is around 15 people. It is also a time for growers to exchange ideas. Extension saw a need in the west Alabama swine industry and has met this need through a regional approach.

Tasks Made Easier - Environmental Stewardship - Poultry is an \$8.5 billion business in Alabama and accounts for 10% of the state's economy. Broiler production alone was valued at \$2.4 billion in 2004. Many of those broiler farms are required to register as a CAFO with the Alabama Department of Environmental Management. Since rule enactment in 1999, farm operators have found themselves with a growing pile of records and an increasing stress level as well. In an effort to simplify the process, Alabama Cooperative Extension System ETP11G team members Dr. Joyce Ducar, a specialist working with broiler litter in the Sand Mountain region, teamed up with Kent Stanford, a Regional Extension Agent in Animal Science, compiled a notebook for broiler growers. The publication has become very popular. "It became apparent growers needed a central location where they could assemble all of the information they were recording

each year," stated Stanford. Through the hard work of Dr. Ducar, the book was completed in time for the Broiler Litter Field Day on Sand Mountain in June. A grant was secured to cover printing and allow it to be distributed at no cost to the producer.

Johnny Bolton of Ashville has nothing but praise for it. "It has made my life so much easier. I know that everything I need is in one spot" says the long-time broiler grower. As part of the CAFO process, an annual inspection must be done on each registered farm by a qualified credentialed professional or QCP. Sharon Thompson, a QCP in north Alabama, distributes the book to all of her clients while QCP Matthew Kay says "I wish every grower would use it since it can help them so much." The organized book streamlines the process and gets the grower back to what they really enjoy, growing chickens.

Web-based Training - Alabama Certified Animal Waste Vendors and AFO/CAFO Continuing Education. ETP11G participants continued the web-based Certified Animal Waste Vendor (CAWV) program started in 2005. The Alabama Cooperative Extension System provides the training and the Alabama Department of Agriculture and Industries certifies the vendors. In 2006 an additional 35 CAWVs were trained and registered with ADAI. The CAWV web site continued to serve the educational needs of all currently registered CAWVs. Additional continuing education information was added to the aawm site to increase usefulness to the over 4000 animal feeding operations in Alabama, 550 which are registered with ADEM as CAFOs. In the last quarter of 2006, web-based offerings have expanded to include different programs for those who are becoming certified for the first time and those who are seeking to become re-certified every two years. The web-based programs are also being used for AFO/CAFO owner/operator continuing education training in Alabama. While it takes some effort and coordination to put these programs together, the professional time involved is much less than face-to-face classes and there is no travel. In 2005 and 2006, 175 vendors were certified on the web.

Environmental And Economic Benefits Are Enormous - Continuation of the CAWV program because of the timely, up-to-date, available WebCT CAWV Training and Education Verification program has contributed to "off-farm" litter transfer from most of the 4000 poultry AFOs in Alabama. This litter replaced commercial fertilizer on pasture, hay, and row crops. For example, one CAWV in the Franklin County area in one week in late 2006 moved 1815 tons of litter to three row crop farms. 428 tons were spread on land for winter wheat production and the remaining 1386 tons was covered and stored for spring application to corn and cotton. These 1386 tons of litter will fertilize 122 acres of corn (3 tons/acre) and 510 acres of cotton (2 tons/acre). Farmer purchase cost for the above 1815 tons of litter was \$22,642. Plastic for storing the remaining litter over winter will cost \$1120. Spreading cost of \$6 per ton would be \$8316 for a total cost of litter, storage, and application of \$31,898. Fertilizer value of six tons of litter is equal to that of 17-17-17. At the then current \$258 per ton price of commercial 17-17-17 fertilizer, this litter is worth \$43 per ton, not counting delivery and spreading costs. This gives a worth of \$77,916 for just this 1815 tons of litter handled in one week by one CAWV AND A NET GAIN TO THE three ROW CROP FARMERS OF \$46,018. Cotton fertilizer cost savings using 2 tons of litter to replace 1/3 ton of commercial 17-17-17 fertilizer per acre would be \$58 per acre. Substituting litter for commercial fertilizer on just 30% of the 575,000 acres of cotton planted in Alabama in 2006 would have saved cotton farmers almost NINE MILLION \$ (\$8,970,000). AND Litter transferred to row crops is not over-applied to pastures where it might wash off into Alabama rivers and streams.

#### D. Fiscal and Human Resources:

The seventeen (17) participating agents and six (6) participating specialists reported 554 days of effort making 9,926 face-to-face contacts and 52,671 non-face-to-face contacts working in this project.

#### E. Program Visibility, Exposure, and Future Plans:

A similar ETP11g has been submitted for FY2007. Plans are to continue to present the environmental education that Alabama farmers need to both make a profit and be good environmental stewards.

## **ETP21F. Environmental Health**

*LAURA B. BOOTH from FAMILY AND CONSUMER SCIENCES on 2007-02-13*

### **A. Description**

**Goal:** The goal of the Environmental Health ETP is to assist communities, families and youth to build home and community environments which support healthy lifestyles. The mission of USDA/CSREES is "to advance knowledge for agriculture, the environment, human health and well-being, and communities." Thus, this ETP addresses several aspects of this mission by providing information on environmental health issues. This project has a special emphasis on the environmental health needs of children and has a particular focus on indoor environments.

**Need:** Some of the most serious environmental health problems for children and adults occur in the indoor environment. Most people spend over 90% of their time indoors. Children often have greater exposures to environmental toxins than adults because their bodies are still developing and pound per pound of body weight, children drink more water, breathe more air and eat more food than adults.

Two environmental health issues in particular are addressed in this project: childhood asthma and lead poisoning prevention. In Alabama, 6% of the population has been diagnosed with asthma. This disease disproportionately affects low income and African-American populations. The direct and indirect costs of asthma are over \$8 billion a year and asthma is the leading cause of hospital stays and missed school days than any other childhood illness. Lead is a poison that is especially toxic to children under the age of 6 and to pregnant women. The main source of lead poisoning in the home environment is contaminated dust from peeling lead-based paint. Lead was banned from paint used in residential homes in 1978; therefore, older housing is most likely to contain lead-based paint. Alabama's project particularly targets remodelers, sellers and landlords of older housing regarding federal disclosure laws about the presence of lead-based paint. These laws are most often disregarded in rural areas and by remodelers, sellers and landlords not affiliated with larger property management organizations.

**Objectives:** The goal for this ETP is to promote better environmental health of families and communities by providing county Extension agents with research-based materials on the various topics addressed above to deliver programs in their communities. The desired change is that clientele will adopt practices that have been demonstrated by Extension educators. Objectives include increased awareness of environmental health concerns and adoption of behaviors helpful in prevention and control of environmental risk factors for families, children and communities. Topics covered by this ETP include both indoor and outdoor environmental health risks. Subject areas include asthma, lead poisoning prevention, indoor air quality concerns (e.g., mold, radon, secondhand smoke), hazardous exposures in the home (poison control, pesticide management), energy consumption in the home and outdoor environmental health risks including sun exposure and drinking water/septic system pollution prevention. Regional Extension Agents (REAs) in Human Nutrition, Diet and Health are also encouraged to work with state and local partners.

### **B. Actions & Activities Carried Out**

Extension agents who signed up for this ETP carried out environmental health programs throughout 2006, after an intensive in-service training held in November, 2005 which included several environmental health programs. This in-service provided ACES educators with even more intensive training and materials to carry out the mission of this ETP. There were 45 participants in this training which included many of the REAs in Family Programs.

A key partner in this program was the grant-sponsored Children's Environmental Health (CEH) Project which is a partnership between USDA/CSREES and EPA Region 4. The mission of this multistate partnership is to provide educational outreach on environmental health risks to children by emphasizing partnering with other land-grant universities in the south and by partnering with other state health agencies. An annual meeting is held for this partnership project; sharing of materials and programs developed in each state extends the program grant dollars given for this project. In 2006, this annual meeting took place in Atlanta, GA in December, combined with the National Environmental Public Health Conference, sponsored by CDC.

Publications developed under this ETP include the Alabama version of the "Help Yourself to a Healthy Home" booklet, developed by the Healthy Homes Project. The Healthy Homes Partnership links the resources of the United States Department of Agriculture (USDA), Cooperative State Research, Education, and Extension Service (CSREES) and state land grant universities with the United States Department of Housing and Urban Development (HUD), for a public outreach education program that reduces housing deficiencies and risks associated with childhood diseases and injuries. The Healthy Homes Partnership is applied at the state level through participating land-grant universities and is nationally coordinated by the Alabama Cooperative Extension System (ACES), with a national coordinator hired in Spring, 2006, located at Auburn University. Grant funds and a generous donation by Legacy, Inc. contributed towards the printing of 21,000 copies of the Alabama version of "Help Yourself to a Healthy Home". To date, over 6,000 copies of this booklet have been distributed by ACES. This publication may be found on the ACES Publications Web site:

[www.aces.edu/pubs/docs/H/HE-0838/](http://www.aces.edu/pubs/docs/H/HE-0838/)

Another publication developed was the Radon Activity Book. This educational publication for children about radon was developed by Laura Booth and Bruce Dupree with the Alabama Cooperative Extension System. This activity book teaches about what is radon, how it gets into a house, how a mitigation system works and has a map of Alabama zones that have highest potential for radon. It can be printed by downloading from the ACES Publications Web site: <http://www.aces.edu/pubs/docs/H/HE-0839/>. 10,000 copies of this booklet were printed and have been distributed to Extension agents in the Alabama Radon Education Program.

County Extension agents have conducted environmental health conferences which have included local health professionals, school and community health fairs, newsletter columns and public service announcements. To date, more than 2,000 professionals have been trained since the beginning of the CEH project in 2001 through the county environmental conferences. These professionals have included school nurses, pediatric nurses, child care providers, public health officials, social workers and others, including parents. Of particular interest to those attending the environmental conferences is the ability to obtain CEU's (Continuing Education Units) from Auburn University and other institutions for credit hours earned through training.

Several activities were implemented in 2006 under this ETP. These include the Asthma Safari in November, 2006. A children's asthma safari was conducted at the Troy Housing Authority Family Life Center. This was an educational program targeted at all school children diagnosed with asthma in Pike and Bullock counties, AL grades K-2. Children were bussed in from the different schools in the 2 counties over a 4 hour period of time. The event was coordinated by the Steps to a Healthier Alabama project (Steps), a 5-year cooperative agreement program funded by the U.S. Department of Health and Human Services and the Centers for Disease Control through the Alabama Department of Public Health to address diabetes, obesity and asthma. The Alabama Cooperative Extension System provided a booth and educators at this event to address asthma. The asthma safari used a jungle theme in teaching children about asthma, with puppet shows and characters dressed in jungle/safari outfits. The children rotated through different stations in a large room with each station teaching the children about triggers of asthma, use of medications, etc. Troy University health professions students and local physicians participated in this event. Approximately 150 children participated in this event and each child received a copy of "Help Yourself to a Healthy Home."

Another project was the Asthma Education Project for Underserved Communities. In 2006, the Asthma Education Project for Underserved Communities was initiated with special grant funding from EPA Region 4. Auburn University Cooperative Extension and Tuskegee University Extension were joint partners in this initiative. Dr. Edith Powell (TU) and Laura Booth (AU) were the project co-coordinators and county Extension agents from TU and AU implemented this project in Sumter, Hale, Marengo and Greene Counties in West Alabama. These counties are some of the poorest counties in the state. Sixty families with a child diagnosed with asthma were targeted in these counties to receive home demonstrations on control of environmental asthma triggers, with 2 follow-up visits (1 home visit and 1 phone call). The 2 county Extension agents each trained a volunteer to help implement the healthy home demonstrations. During the 4th quarter of 2006, the agents distributed cleaning items for the families to demonstrate control of environmental asthma triggers in the home, including 2 HEPA vacuums for the 4 counties to share. Also, copies of "Help Yourself to a Healthy Home" were distributed during this project. Since this project just

ended in December, 2006, results are still being tabulated to ascertain if home environmental interventions resulted in a decrease in asthma symptoms in the children. One result of the project was increased awareness in the communities and partnerships between health professionals in the respective counties and Extension educators.

#### C. Results, Impacts and Benefits to Direct Clientele and to the Public

Measurable impacts can be evaluated by pre and post tests that have been developed. Powerpoint presentations, exhibits, publications and ACES Web sites are available for topics included in this ETP. For example, a lead poisoning prevention presentation to student nurses indicated that 90% learned of nutritional means to avoid lead poisoning, 70% were not aware previously of federal lead paint disclosure laws and 80% learned that ages 1-2 years are most susceptible to lead poisoning.

The intended long-term results of this project are to increase awareness of Alabama citizens of environmental health issues and to increase contacts within local communities regarding access to health care information about environmental health. An emphasis of this project is to continue to create low-literacy publications that can be understood by a wide segment of the population of Alabama. Improvement of the quality of life for Alabamians, especially health issues affected by the environment, is the intended benefit of this project. As stated previously, it is hoped that data will be tabulated from the Asthma Education Project for Underserved Communities to document direct impacts and results of this education program to clientele.

#### D. Fiscal and Human Resources

Several grant-funded projects provided support and materials to carry out this project. Grant-funded projects included the EPA Region 4 Children's Environmental Health Project, the Healthy Homes Project and the ADECA ENERGY STAR project.

The Children's Environmental Health Project—total funds through 2006 \$63,140, the Lead Poisoning Prevention Compliance Assistance (both EPA Region 4/USDA interagency partnerships with University of Georgia Extension)--total funds through 2006 \$69,668.00; Healthy Homes Project (USDA/HUD)--total funds through 2006 \$13,300 and the ADECA ENERGY STAR education project--\$15,000 for FY2007.

Legacy, Inc., Partners in Environmental Education donated \$10,000 toward the printing of the Help Yourself to a Healthy Home booklet which enabled ACES to print substantially more of this booklet than what would otherwise have been possible.

#### E. Program Visibility, Exposure and Future Plans

The Children's Environmental Health Partnership Project communicates the successes of this multistate project with EPA Office of Children's Health. Representatives of the national and regional EPA offices attend the annual meeting. Programs and materials developed by Alabama have been included on the EPA Web site, including the Governor's Proclamation of Children's Health Month in October. There are three ACES Web sites that promote awareness of environmental health issues and provide useful materials to Extension educators and the general public: [www.aces.edu/asthma](http://www.aces.edu/asthma), [www.aces.edu/lead](http://www.aces.edu/lead) and [www.aces.edu/environmentalhealth](http://www.aces.edu/environmentalhealth).

Outdoor environmental health risks have focused mainly on sun exposure and related health concerns. This has already begun by incorporating the Alabama Skin Cancer project, funded by the Alabama Department of Public Health, into this environmental health initiative. In 2005, ACES became a member of the Alabama Comprehensive Cancer Control Coalition and co-chair of the subcommittee on uv exposure. Tools that have been distributed by the sun safety awareness program include "Hot Shots", a video directed at preschoolers, the Alabama I'm a Sun Safe Kid" curriculum (both previously developed by a partnership between ACES and ADPH) and a curriculum written for youth about sun safety using an activity utilizing uv-sensitive beads to create awareness of ultraviolet radiation. All of these materials may be downloaded from the Web site [www.aces.edu/environmentalhealth](http://www.aces.edu/environmentalhealth) or obtained through the Extension Associate in environmental health.

More media work is planned to increase visibility of ACES' programs on environmental health. A videotape project is under development to educate citizens about proper use of asthma medications. This video was filmed by ACES media specialists working with faculty at the Auburn University School of Pharmacy. Two displays were developed in 2006 for environmental health programs: Lead Poisoning Prevention and Healthy Homes.

Further outreach educational projects include working with the School of Human Sciences at Auburn University to develop healthy furnishings for the Tuskegee Healthy House. Included in this project are design of a room for an asthmatic child.

Future and current plans include obtaining renewed and new grant funds to carry out environmental health programs in ACES.

One of the most beneficial products of the Environmental Health ETP has been the creation of many partners in Alabama and the region and ACES. These are listed below under Cooperating Institutions.

#### F. Funding Sources

United States Environmental Protection Agency Region IV  
USDA/CSREES  
HUD  
ADECA  
Legacy, Inc.

#### G. Cooperating Institutions/Organizations

EPA  
ADPH  
USDA/CSREES  
HUD  
Legacy, Inc.  
ADECA  
American Lung Association of Alabama  
Healthy Child Care Alabama  
Tuskegee University  
Head Start  
Family Guidance Center of Alabama/Kids and Kin Program

#### H. Contact Information

Laura B. Booth  
Extension Associate, Environmental Programs  
219B Duncan Hall  
Auburn University, AL 36849  
(334) 844-5638  
[boothlb@auburn.edu](mailto:boothlb@auburn.edu)

#### **ETP 22I—4-H Natural Resources and Environmental Education (4-H NREE)**

*EMILY B. KLING from CES-4H ADMIN on 2007-02-08*

#### SITUATION:

With our nation using natural resources at a phenomenal rate, we are looking at depletion of many of those resources. As human populations continue to grow and expand into rural areas, we place increasing demands on Alabama's natural resources. The popular press and public interest groups rank Alabama's environmental health low. This perception is based on knowledge of public drinking water systems that violate the Safe Drinking Water Act, acid rain, contaminated groundwater, air pollution, sites with substantial hazardous waste, the nation's largest hazardous waste landfill, and weak regulatory agencies.

These same sources will admit, however, that the state ranks high for navigable streams, the number of species of saltwater and freshwater fish, bio-diversity, total area available for timberland, and pulpwood harvested. Therefore, there is a need for youth to understand their link to the natural environment and the need to conserve and manage these resources.

The conservation and management of natural resources directly impacts Alabama's economy and influences the decisions that our future leaders (today's youth) will have to make. For example:

The forestry industry directly or indirectly employs 10% of Alabama's total workforce, has a \$4.2 billion dollar payroll, and produces 13.2 billion in products. The value of forest products shipped abroad is approximately \$1.25 billion, or 23% of all exports. These same forests are home to 1.4 million of the nation's 18 million white tail deer and 350,000 of its 4 million wild turkeys. Hunting and fishing by 360,000 in-state and out-of-state hunters generate over \$600,000 annually in taxes, license fees, hunting rights in sales of equipment and supplies.

Alabama needs a continuous supply of industry professionals and landowners who are knowledgeable about sustaining productive forests and wood products, as well as wildlife enterprises, so that these industries that can compete in the global economy.

Another aspect of natural resource education relates to access. It is not uncommon to drive on Alabama's highways and see people of all ages riding ATVs (often double) without proper protective clothing. Often the ATVs do not fit properly. These situations, and data, show a need for public education in Alabama about ATV safety:

According to the Consumer Product Safety Commission's (CPSC) 2005 Annual Report of ATV Related Deaths and Injuries, there have been 151 reported ATV-related deaths in Alabama since 1982. More than 61 were children under the age of 16. In 2004, nine of the 29 deaths reported in Alabama were youth under 16.

4-H teaches our youth about responsible use of our natural resources and safe access to them through activities which foster leadership, communication, decision making skills, and accountability. The specific 4-H NREE programs created to help Alabama youth develop these life skills are ATV safety, forestry, natural resources camp, shooting sports, sportfishing, and wildlife management. It is also hoped that participation in this project has helped youth explore interests that may lead to lifetime hobbies or careers in the natural resources.

The goals of the project were to: 1) increase participation in outdoor activities (that can lead to reduced obesity and healthier living); 2) dispel myths associated with plants, animals, hunting, fishing, managing forests, and/or managing wildlife; 3) understand the positive impact that natural resources have on Alabama's economy; and 4) increase "state esteem" (appreciation, respect, pride, and stewardship for Alabama).

The programs within 4-H NREE had specific objectives:

#### ATV Safety:

The ATV Safety program is a partnership with the Alabama Department of Economic & Community Development (ADECA) and the Alabama Off-Highway Vehicle Association (ALOHVA). It is referred to as the Alabama Motorized Outdoor Adventures program (AMOA). Its goals are to educate and inform pre-teen, teen, and adult riders about: a) safe riding techniques; b) appropriate gear to wear; c) proper sizing of ATVs to riders; d) low-impact practices; and e) legal places to ride.

#### Forestry, Sportfishing, and Wildlife Management:

These programs emphasized developing an appreciation of the need and importance of conserving forest and wildlife natural resources. They were designed to: demonstrate knowledge and skills related to the

interrelated management of these resources; develop critical thinking, decision making, and team building skills; and develop citizenship and leadership knowledge and skills in environmental stewardship, forestry, wildlife, and fisheries conservation. Partners from DCNR, Forestry Commission, NRCS, and International Paper, Inc. worked with ACES in delivering these programs.

#### Natural Resources Camp:

This camp, a partnership between ACES and Alabama Power, Inc., was designed to provide a leadership-oriented environmental conference through which 9-15 year olds were exposed to a wide array of educational opportunities. Specific objectives included: exposing conference delegates to critical environmental issues facing present and future generations; increasing the knowledge and appreciation of these youth for the value of Alabama's natural resources from an environmental, economic, recreational, and aesthetic standpoint; introducing conference participants to a variety of career opportunities; helping participants discover hidden skills, talents, interests, and abilities; and encouraging them to become actively involved in using these gifts in leadership roles.

#### Shooting Sports:

Since approximately 200 million firearms are found in homes in the United States today, there is a continuing need for young people to be aware of firearm safety. The 4-H Shooting Sports program was designed to teach young people the safe and responsible use of firearms and the fundamentals of firing air rifles, BB guns, .22 smallbore rifles, and shotguns. Because archery is a popular recreation sport, it is also included within the program. The program also provided volunteer instructors safe and proper instructional techniques, and showed them how to plan and manage a 4-H Shooting Sports clubs. DCNR, Magic City Gun Club, and Red Eagle Gun Club are integral partners in this program.

#### ACTIONS AND ACTIVITIES:

##### ATV Safety:

The program began in August, when the Coordinator, an ATV Safety Institute "Rider Course" instructor, was hired. She created a youth & adult training team comprised of Cooperative Extension professionals and Senior 4-Hers. All adult and youth team members completed the ATV Safety Institute "Rider Course" taught by the Coordinator.

Since that time, the training team has reached almost 5000 Alabama youth and adults in school or field trip settings with one or more of the seven units from the "4-H ATV Adventures: Fit to Ride" curriculum; sent press releases and educational packets to all County Extension offices; shared exhibits at four county fairs and two community program events with over 3000 people; and influenced Governor Riley to declare October 15-21 as 4-H ATV Safety week in Alabama.

##### Forestry:

Approximately 6500 youth indicated interest in local forestry clubs, tours, and field days. They learned tree identification, tree measurement, insect and disease identification, compass and pacing skills, and forest evaluation techniques. They met in such locations as Horseshoe Bend National Park, Five Star Plantation, Anniston Museum Outdoor Classroom, Auburn University Arboretum, Mary Olive Thomas Forestry Track, Auburn University's Forest Ecology Preserve, local parks, private forests, and farms.

##### Shooting Sports:

Since safe and responsible use of firearms and the fundamentals of firing are important in the shooting sports program, leader training and certification are vital. Therefore instructor-candidates must participate in a minimum of two hours of training in 4-H philosophy; techniques for teaching youth; safety; and risk management, as well as minimum of 12 hours in discipline certification. (To become certified in a discipline, a participant must practice-teach and pass a written test).

Five volunteer leaders and six Cooperative Extension System employees conducted the statewide shooting sports workshop and nine multi-county trainings (4 archery, 4 rifle, and one shotgun) for 68 people—twice as many as the yearly average. Since 1997, one262 from 60 of Alabama's 67 counties have been certified as county 4-H shooting sports leaders.



Approximately 2800 youth throughout the state learned safety techniques and practiced their skills in air rifle, archery, BB gun, .22 rifle, and shotgun. Locations ranged from armories, gymnasiums, state parks, backyards, gun clubs, farms, and police ranges.

#### Sportfishing:

Three Extension employees and one Dept. of Conservation & Natural Resources employee conducted a two-day training workshop for 24 4-H REAs, one Agent Assistant and two volunteer leaders.

Topics included: local resources; risk management; experiential teaching methodology; overviews and casting safety for spincasting, baitcasting, spinning, and flycasting; field safety; macro-invertebrates; icebreaker games; knot tying; takclecrafting; flytying; and youth development.

#### Wildlife Management:

Almost 14000 youth participated in local wildlife clubs, tours, and field days. They learned wildlife and foods identification, as well as recognition of management practices through aerial photos and on-site visits. They met in such locations as Wheeler Wildlife Refuge, Horseshoe Bend National Park, Five Star Plantation, local parks, private forests, and farms.

#### RESULTS:

##### Forestry:

Between January 1 and June 6, 95 youth from 11 counties studied and practiced to learn tree identification, tree measurement, insect and disease identification, compass and pacing skills, and forest evaluation techniques in preparation for the ACES-sponsored State Forestry Contest on June 6-7 at the 4-H Center.

Fifteen additional people—nine Extension personnel and six volunteers helped run the state contest. This event contained a written quiz, lab quiz on forest insect and disease pests, and knowledge bowl, as well as field events in tree identification, tree measurement, compass and pacing, and forestry evaluation.

Tallapoosa Co. won the senior division of the contest and continued study and practice sessions in late June and July. In late July, they traveled to the National Invitational at Jackson's Mill West Virginia and placed 7th.

##### Shooting Sports:

State Shooting Sports contests are conducted in five disciplines: air rifle, archery, BB gun, .22 smallbore, and shotgun. These matches were conducted by a total of five Extension personnel and 21 volunteer leaders. One hundred forty-five youth and 36 coaches from 26 counties participated in these contests. Approximately 450 family members observed.

##### Natural Resource Camp:

This two-day camp was a partnership effort with Alabama Power's Environmental Sciences Division and the department of Conservation & Natural Resources. Seventy-two youth and 18 adults from 11 counties and the National Guard participated. Alabama Power Co. provided 10 full and 22 partial scholarships, while the 4-H Military program provided 30 full scholarships.

##### Wildlife Management:

Fifty-nine youth from eight counties, accompanied by 18 adults, competed in the ACES- sponsored Wildlife Habitat Evaluation Contest (WHEP). This event contained written tests, laboratory tests, problem solving and practical fieldwork.

The Tuscaloosa Co. Senior Team, won the contest and continued study and practice sessions in July. In early August they traveled to the National 4-H Wildlife Habitat Evaluation contest in Wisconsin Dells, WI and won. Even though the Wildlife contest rotates to different habitats throughout the country, Alabama teams have placed in the top five in the past 16 years and won seven times.

#### IMPACTS:

##### Forestry, Shooting Sports, & Wildlife Management

4-H NREE programs are designed to change attitudes and behaviors. Selected youth involved in forestry,

shooting sports and wildlife management completed survey instruments about their specific experiences. The average response of these youth who agreed or strongly agreed with the following statements are as follows:

As the result of my participation in these programs...

I learn things in 4-H that help me make better decisions. 76%  
4-H has helped me become a better speaker. 52%  
Because of 4-H, I know more healthy things. 66%  
I have a more positive attitude toward others because of what I have learned in 4-H. 68%  
I serve in more leadership roles because of what I have learned in 4-H. 64%  
I have more respect of others and their feelings because of what I have learned in 4-H. 69%  
I make better decisions about my health because of what I have learned in 4-H 62%

Specifically for Forestry--

I can identify common tree species. 93%  
I can observe how trees adapt to their environment. 81%  
I can recognize man's impact on trees. 87%

Specifically for Shooting Sports—

I can select the proper equipment. 87%  
I act in a safe and responsible manner. 93%  
I can recognize man's impact on forests & animals. 76%

Specifically for Wildlife Management—

I can identify common wildlife species. 93%  
I can observe how animals adapt to their environment. 80%  
I can recognize man's impact on animals. 78%

Selected adults leaders involved in forestry, shooting sports and wildlife management programs completed survey instruments giving their observations of their 4-Hers' experiences. Generally, the adults felt that the impact of the experiences on the 4-Hers was higher than the youth reported. The average responses of these adults who agreed or strongly agreed with the following statements are as follows:

As a result of participation in this program...

The group's ability to set goals has increased. 88%  
The members of the group learned to show respect for others. 93%  
4-Hers learned to complete obligations. 93%  
4-Hers' ability to resolve differences of opinion has increased. 71%  
4-Hers' ability to listen well to others has increased. 79%  
4-Hers' self-confidence has increased. 92%

Specifically for forestry –

4-Hers can identify common tree species. 100%  
4-Hers can observe how trees adapt to their environment. 100%  
4-Hers can recognize man's impact on trees. 100%

Specifically for shooting sports—

The youth can select the proper equipment. 92%  
The youth act in a safe and responsible manner. 100%

4-Hers can recognize man's impact on fish and wildlife. 83%

Specifically for wildlife management—

4-Hers can identify common tree or wildlife species. 100%

4-Hers can observe how animals and trees adapt to their environment. 93%

4-Hers can recognize man's impact on trees and animals. 100%

ATV Safety:

The safety message about wearing proper protective clothing, riding the proper sized ATV, making responsible decisions, and not riding double is being received. As one youngster told his grandmother, "Don't ever get on an ATV without a helmet, and don't ever let anyone ride with you."

The training team observed that all of the groups participating in "Fit to Ride" activities showed definite improvement in their verbal communication, organization and planning decision making, and leading similar programs. They are proud of the fact that all 550 students at Curry Elementary School in Walker Co. have participated in all seven of the "Fit to Ride" units and that they have been invited back to all of the schools that participated in "Fit to Ride" training.

Natural Resources Camp:

Youth participants self-reported their interest in the workshops they participate in. The following data indicate the combined percentage of workshops rated excellent and good:

Catching/ ID Critters Sampling/ ID Fish DissolveOxygen/ Graphing Fish Dissect Sport-fishing Canoe Archery Shotgun Zip Line  
70% 83% 76% 81% 79% 91% 97% 88% 97%

FISCAL AND HUMAN RESOURCES:

According to the reported days worked on this of this project, 59 Extension employees contributed 999 days to 4-H NREE programs. Many volunteer leaders also contributed to the programs. Specifically:

ATV Safety:

Volunteers from the Walker Co. ATV Club assisted with four school field days.

Grants from ADECA (\$60000) and National 4-H Council (\$7500) enabled Alabama 4-H to hire a full-time Coordinator and purchase educational materials for participants.

Forestry:

Volunteers from Alabama Power, Alabama Forestry Commission, Department of Conservation and Natural Resources, private industry, and county forestry planning committees contributed approximately 4000 hours to the forestry portion of this project. The value of their contribution is estimated to be \$60000.

Financial contributions from the Alabama Forest Owners' Association (\$250), helped defray the cost of the state forestry contest. Funding from the Joe Brady Trust covered the expenses for participation in the National Invitational. In kind contributions from Alabama Forestry Commission, Natural Resources Conservation Service, Alabama Tree Farm Program, Fred Harmon Forestry & Reality, and International Paper, Inc. were utilized to run the state contest. Additional contributions from ALFA, Alabama Power, Meade, Inc., Five Star Plantation, and county forestry planning committees supported various county programs.

Natural Resources Camp:

Seven Alabama Power employees, as well as four Department of Conservation & Natural Resources employees, taught workshops. They contributed 88 hours, valued at \$1584. In addition, Alabama Power provided 10 full scholarships (\$550) and 22 partial scholarships (\$550) and the 4-H Military Program

provided 32 full scholarships (\$1760).

In order to recruit more employees to teach at the 2007 camp, an Alabama Power Communications specialist wrote an article which appeared in the Aug. 21 issue of "Powergrams," their in-house publication.

#### Shooting Sports:

County volunteers reach approximately 2800 4-Hers annually. They contributed approximately 4000 hours to the program by teaching one or more disciplines throughout the year. The value of their contribution is estimated to be \$72000. Additional in-kind contributions come from employees and members of: AL Department of Conservation & Natural Resources; AL Hunter Education Association; and AL Wildlife Federation.

Financial contributions from AL Chapter, National Wild Turkey Federation (\$5000) and Federal Cartridge, Inc. (\$400) were used to subsidize the leader training workshops and purchase medals for state competition winners.

#### Wildlife Management:

Volunteers from the Alabama Forestry Commission, Wheeler Wildlife Refuge, Natural Resources and Conservation Service, or the Department of Conservation and Natural Resources contributed over 2500 hours to the wildlife portion of the project. The value of their contribution is estimated to be \$45,000.

In addition, financial contributions from the Alabama Forest Owners Association (\$250), Alabama Chapter, The Wildlife Society (\$ 300) and in kind contributions from the Natural Resources and Conservation Service helped defray the cost of the state wildlife contest. Funding from the Thompson Tractor, Inc. Trust covered the expenses for participation in the National Contest. Additional contributions from Alabama Power, Farm Services Agency, Five Star Plantation, and the Coosa County Commission supported various county programs.

#### PROGRAM VISIBILITY:

Extension personnel working on 4-H NREE reached 42,392 rural Alabamians (37,103 youth and 5289 adults) and 7941 urban Alabamians (6804 youth and 1137 adults). In addition, they had 641,976 rural and 2,012,941 urban non-face-to-face contacts through television, radio, newsletters, web site hits, phone calls, and letters.

Extension personnel also write success stories about their activities. Fifteen were written about 4-H NREE activities: shooting sports - 6; wildlife management - 3; sportfishing - 3; forestry - 2; and ATV - 1.

State Extension Communications personnel supplied photos of the top three Junior and Senior individual and team winners of both state contests and the Natural Resources Camp to daily or weekly newspapers in those counties. In addition, they posted articles about leader training workshops and state contests on the Web.

For additional information, contact:

ATV - Jamie Freeman, 4-H ATV Coordinator, based in Walker Co.  
Kirsten Holt, 4-H REA based in Tuscaloosa Co.

Forestry - Tommy Futral, Tallapoosa Co.

Shooting Sports - Jimmy Smitherman, Montgomery Co.  
Sam Richardson, Shelby Co. volunteer

Sportfishing - Rusty Wrght, Extension Fisheries  
Wendy Padgett, 4-H REA, based in Clark Co.  
Wendy Ulrich, Blount Co.

Natural Resources Camp -- Evelyn Rachele, 4-H REA based in Coffee Co.

Bill Garrett, Shelby Co. volunteer

Wildlife Management – Wayne Ford, Tuscaloosa Co.

**NATIONAL GOAL 5:**  
**Enhanced economic opportunity and quality of life for Americans.**  
**Empower people and communities, through research-based information and education, to address economic and social challenges facing our youth, families, and communities.**

**ETP11A. Dogs as Companion Animals**

*By JULIO E. CORREA from ALABAMA A & M UNIVERSITY on 2007-01-15*

A. Description:

As society moved from small rural communities to increasingly large metropolitan areas, the dog's role changed. According to national surveys, the major reason for people having a dog is companionship.

This close relationship between humans and dogs has evolved into new kinds of interactions that increasingly benefit society. Clinical observations have shown that association with dogs may contribute to reduction in stress, blood pressure, feelings of loneliness, and fear of being a victim of crime. Also, it has been shown that dog companionship increases recreational walks in adults with health problems and disabilities, and enhances self-esteem and feelings of competence in youth.

More recently, results from clinical trials have shown that interaction with dogs can alleviate to an extent the symptoms of depression in humans through increased levels of serotonin, a chemical neurotransmitter substance synthesized in brain neurons.

Dogs as companion animals cannot be matched in their loyalty, devotion and friendship. However, the decision to own a dog comes with responsibility and a long-term commitment.

Because a dog will live from 8 to 16 years, depending on its breed, people must be prepared to provide the dog with a home for that duration. This means making sure that the dog is properly nourished, in good health, and well behaved. The latter is of ought most importance to prevent the dog from becoming a nuisance or a menace to the community. Besides, a well-behaved dog makes a much more pleasant companion, and can be more easily a part of the family life.

As a result of this Extension Team Project (ETP), program participants were expected to become knowledgeable in dog science (nutrition, health, behavior, breeding, etc.) and skilled at obedience training.

B. Actions and Activities Carried Out:

There are always one or two Extension Professionals that exemplify the potential this ETP has. Under the leadership of County Extension Agent Sheila M. Andreasen, the Selma Street 4-H Club in Dothan assisted with the relief of displaced pets in the aftermath of Hurricane Katrina. Following a training on pet safety, 60 students worked together sorting, bagging and labeling leashes, collars, harnesses and pet toys destined for the animal shelter.

While working with Save-A-Pet and the Dothan Animal Shelter in the aftermath of Hurricane Katrina, Sheila Andreasen noticed that volunteers were very much interested in companion animals and their care. In the hope of offering an animal related program that would reach both traditional and nontraditional youth, Andreasen designed and implemented Doggie Day Camp. Twenty students and their dogs participated in the one-day educational activity that was held in July 2006 at the Houston County Farm Center. The event, sponsored by Jeffers Vet Supply, included basic obedience training, games, treats and prizes throughout the day. Students learned many simple techniques on basic dog obedience from Renee Jones, a volunteer with Save-A-Pet and a member of the Association of Pet Dog Trainers.



**Houston County 4-H'ers and their dogs during Doggie Day Camp in Dothan.**

On the opposite side of the state, Urban Regional Extension Agent (UREA) Eddie J. Wheeler conducted a workshop that addressed issues involved in responsible dog ownership. The workshop, sponsored by the Alabama Cooperative Extension System (ACES) and Grant Animal Clinic, was held on Tuesday, September 26, 2006 at the Guntersville Recreation Center in Marshall County. The workshop focused on general dog care, especially feeding, health and grooming.

The above mentioned workshop included among its speakers Ms. Scarlett King, a Master Groomer in Grant, Alabama, and Ms. Donna Luna, a licensed veterinary technician and a current member of Eddie Wheeler's County Advisory Board.



**Scarlet King (right) demonstrates grooming techniques to workshop participants in Marshall County.**

In 2006, the Urban Affairs and New Nontraditional Programs Unit of ACES continued its commitment to make available meaningful information for dog fanciers and the general public. The publication titled "Canine Breeding and Reproduction", UNP-0052, was cited in the Breeder Education web page of the Greater Swiss Mountain Dog Club of America. Furthermore, the HTML format of "Canine Breeding and Reproduction" ranked # 3 while the PDF format ranked # 6 on the list of the top ACES web publications visited in 2006. "Canine Breeding and Reproduction", authored by Dr. Julio E. Correa, was the only publication to appear twice on the list.





*The GSMDCA encourages all its member breeders to follow the GSMDCA Breeder Guidelines and to register all litters with the GSMDCA Registrar*

#### Articles:

- [A Responsible Breeder](#) - by Sari Tietjen
- [Canine Breeding and Reproduction](#) - by Dr. Julio Correa ✓
- [Breeding Clearances](#) - by Katie Carman
- [Transcript of Canine Reproduction Seminar](#) -by Dr Robert van Hutchison
- [Just Like Clockwork](#) - on Progesterone Testing (from Today's Breeder - October 2004)
- [Progesterone Testing](#) - by Dick White
- [Overbites in the GSMD](#) - by Ann Hansen
- [2 x 0 -\(Is Better than Mediocre Good Enough?\)](#) - by Gay Dunlap (from the Canine Chronicle)
- [Reproductive Physiology & Artificial Insemination](#) - by Robert Lofstedt

**UNP-0052, "Canine Breeding and Reproduction", cited in the Greater Swiss Mountain Dog Club of America.**

#### C. Results, Impacts and Benefits to Direct Clientele and to the Public:

Results obtained from Extension Professionals showed that a grand total of 40,417 contacts were made through this project. From this grand total, 21.3% of the contacts were rural while 78.7% were urban.

Results obtained in Houston County showed that 4-H involvement in the community allowed the City of Dothan to respond effectively to the relief of displaced pets in the aftermath of Hurricane Katrina. Doggie Day Camp was beneficial not only to 20 students and their dogs but also to as many adults interested in learning about companion animals and their care.

Results obtained in Marshall County showed that 80% of workshop participants indicated that the knowledge gained from the educational experience was very helpful; while the remaining 20% of the participants indicated that it was somewhat helpful.

Through youth and adult education, both Andreasen and Wheeler have begun addressing pertinent issues involved in responsible dog ownership, the most important aspect of the human-dog relationship.

As this project continues and Extension Agent involvement increases, the ETP shall be able to capture more impacts of the benefits of dog companionship in both youth and adults.

#### D. Fiscal and Human Resources:

According to the reported days worked, four ACES employees allocated a total of 93 days to this project in 2006. From this total, the ETP Leader allocated 54.8% and 18.3 and 21.5% was allocated by Extension Agents in Houston and Marshall counties respectively.

#### E. Program Visibility, Exposure and Future Plans:

A brief description of this project is available on our ACES website ([www.aces.edu](http://www.aces.edu)) under Urban Affairs and New Nontraditional Programs. Plans for 2007 include providing leadership in this specific program area, increasing Extension Agents participation, increasing the number of outreach education activities, increasing the number of 4-H Dog Clubs, and pursuing sponsorships and collaboration agreements with other organizations.

#### ***ETP 11E. Alabama Regional Equine Information Network***

*By CYNTHIA ANN MCCALL from ANIMAL SCIENCES on 2007-01-3*

##### DESCRIPTION

A 2006 economic impact study of the Alabama horse industry (Alabama Agricultural Experiment Station bulletin 662) indicated there were over 186,000 horses in the state and that horse owners and horse activities contributed approximately \$2.4 billion to the State's economy. Approximately 60% of the horses in the state are kept on a non-farm environment indicating that many owners may not have experience managing livestock and may not have basic knowledge needed to provide top quality care to their horses. Additionally, most horse industry personnel and professionals in Alabama do not have any certification procedure that ensures their clients that they are qualified to provide accurate information about horse care and management and are committed to improving horse care. The Alabama REIN (Regional Equine Information Network) is a statewide educational program developed to deliver scientifically-based horse management and care information to adult horse owners, horse industry personnel and horse industry professionals. The program is a certificate granting course in which participants must pass a rigorous exam to become certified and must complete continuing education requirements to remain certified in successive years. Potential outcomes of the program are 1) an increase in the level of care provided to horses; 2) an increase in the participant's ability to effectively evaluate new technologies and products available for horse care; 3) an increase in the participant's ability to streamline horse related activities; 4) recognition of the participant's commitment to the well-being of horses and the horse industry; 5) stimulation of equine activities throughout the state.

##### ACTION

The REIN project was delivered through distance learning technology to 17 sites in the state. Participants attended ten 3 hour lectures during the month of October. Through the distance learning technology, participants at remote sites were able to interact with the speaker and participants at the other sites. In addition to the live lectures, participants were given a training manual with the lecture material, additional supporting manuscripts and the power point slides used by the speaker. Participants were encouraged to find answers to any additional questions that they encountered after the lectures via email or telephone communication with the speakers or the extension horse specialist.

The REIN project was a collaborative effort between the Alabama Horse Council, the AU Department of Animal Sciences (ANSC) and ACES. The Alabama Horse Council and AU ANSC provided funding for the project and helped promote the project throughout the state. The ACES provided the technology needed to get the program to the remote sites and the manpower to run the remote sites and handle the paperwork involved in the program. Organizations that provided speakers for the project were the ACES, AU ANSC, the Small Business Development Office at AU, the Alabama Department of Agriculture and Industries, the Georgia Cooperative Extension System, and Fort Dodge Animal Health. The project was promoted through press releases, the ACES website, ACES county offices and the Alabama Horse Council website and newsletter.

##### RESULTS, IMPACTS AND BENEFITS

There were 174 paid participants in the REIN program. Lecture topics included conformation, premise identification, nutrition, pasture management, health management, behavior and training, exercise

physiology, reproductive management, genetics and selection, marketing strategies, facility planning and waste management. An exit questionnaire indicated that 100% of the participants would implement ideas presented in the course, and the majority of these felt that implementing the ideas would increase the welfare of their horses and increase their personal satisfaction. Participants indicated that nutrition, pasture management and waste management were the areas in which they were most likely to change their management practices based on the information they received in the course. And, 97% of the participants indicated they would recommend the course to others, while 93% would like to attend "advanced" courses. The overall usefulness of the program was rated as excellent or good (vs. average, fair, poor) by 92% of participants.

It is expected that long term effects of the program will impact both horse owners who did not participate in the course and the general public. Program participants will discuss what they have learned with non-participating horse owners which may result in the non-participants adopting some of the management options presented in the course. The general public will benefit from the program through better waste management practices of horse owners which will help protect the overall environment in the state. Additionally, better nutrition of horses in the state combined with better pasture management practices result in more aesthetically pleasing landscapes (healthy horses on green pastures) for people traveling in Alabama. Finally the continuing education aspect of the REIN certification will stimulate horse activities in the state. These activities presently contribute greatly to agritourism in the state and to local farming economies through the sales of feed, hay and bedding supplies to horse owners.

#### FISCAL AND HUMAN RESOURCES

The Alabama REIN project was funded by a grant from the Alabama Horse Council (\$17,000) and the Upchurch Funds (AU ANSC, \$ 26,500). Additionally, participants were charged a fee (\$100 each) to cover the costs of printing and distributing the training manual, postage and supplies for the program. Sixteen ACES personnel signed up for the REIN ETP for a total of 246 days. Additional ACES personnel not signed up for the REIN ETP assisted by delivering educational materials (specialists) and managing the remote sites (regional, county agents and county staff). The program utilized volunteers to deliver several of the educational lectures (estimated 30 hours) and, on several occasions, to help organize and implement the lectures at remote sites when ACES personnel were unable to do so (estimated 20 hours).

#### PROGRAM VISIBILITY, EXPOSURE AND FUTURE

The impact and success of this project has been communicated to the Alabama Horse Council and will be communicated through mass media in the future. All the agents who hosted remote sites should be commended on their patience and perseverance on this project. Thirty hours of nighttime programming represents a large amount of time in itself without counting the time agents spent promoting the program, preparing and distributing handouts, ensuring that participants were comfortable during the program, answering questions, and grading tests. ACES personnel who were especially involved in making the program work were Rusty Presley, Jack Tatum and Henry Dorough. Ricky Colquitt was especially helpful and supportive in the planning process. Charlie Mason, Elaine Cole and Jimmy Smitherman were especially patient in dealing with the inevitable problems encountered with a new program and a new program delivery system.

Most REIN participants have email capability, and new information concerning horse management, issues facing the horse industry, and continuing education opportunities are communicated to them through this medium. There are no plans to have a live REIN program in 2007 because the 2006 program ended late in the year (November). People who were unable to attend the program in 2006 can sign up for the program in 2007 and complete it on their own time through a digital archive of the previous program. Based on the response of participants, another "live" program is planned for early in 2008. With an increase in the use of T1 lines throughout the Cooperative Extension System, it is hoped that the succeeding programs can utilize additional equine experts in other states to deliver lectures to participants.

**ETP 13B. Child Care Provider**

*ELLEN ELIZABETH ABELL from HUMAN DEVELOPMENT/FAMILY STUDIES on 2007-02-14*

A. Project Description: With the steady rise in the number of working parents of children--from infancy through preschool-age--comes an increasing need for safe, affordable, quality child care. Parents must rely on child care providers to care for their children, and the need to know that their children will be well cared for. The ability of child care providers to meet State of Alabama licensing requirements and, most importantly, to provide children and families with high quality child care depends upon the accessibility and availability of quality education and training. Early childcare settings are increasingly responsible for the care and early learning opportunities that young children need in order to be ready to succeed in school.

The purpose of this project is to address the educational needs of child care providers licensed to care for children in center-based or home-based businesses. Research shows that providers who are well-trained are more effective at providing the early learning and care experiences that contribute positively to young children's healthy development. In this project, Extension agents provide training intended to produce a gain in knowledge and understanding of child care practices in 5 key areas designated by the Alabama Department of Human Resources: Child Development, Language Development & Learning, Discipline, Quality Child Care, and Caring for the Professional and the Family.

B. Actions and Activities Carried Out: Between January 1 and December 31, 2006, agents conducted training workshops using one or more of the following facilitative, group-session formats: The Alabama Child Care Training Manual (ACCTM), the Better Kids Care satellite/video series (BKC), the Caregivers Caring for the Future workshop series (CCF) and the Right from Birth video series.

C. Clientele, Results, and Impacts: Program evaluation strategies were made available to educators and consisted of a post-/pre- questionnaire completed by each participant at the end of the workshop, a general evaluation of learning and relevance of information, or an exam on information presented. 2 of the 12 agents reporting days on this ETP provided evaluation data for 53 workshop participants. Of the 29 participants in the Right from Birth workshops, 100% of the providers scored at 80% or higher on 4 exams covering specific knowledge about child development and child care practices. Of the 23 participants in the Better Kids Care video workshops, the average score on a 5 point scale (with 5 being the most positive evaluation and 1 representing a poor evaluation) for "quality of knowledge learned" was 4.5; for "relevance of content" was 4.6; for "usefulness now" was 4.6; and for "usefulness in the future" was 4.7.

D. Fiscal and Human Resources: According to the reported days worked on this project, 14 ACES employees reported working 250 days on activities related to this project.

E. Program Visibility, Exposure and Future Plans: Future plans are to facilitate and provide support to REA's providing regional training workshops for child care providers using the high quality Extension materials and resources available from ACES as well as other Extension systems.

**ETP13G. STRENGTHENING MARRIAGES AND FAMILY**

*FRANCESCA MARGOT ADLER from HUMAN DEVELOPMENT/FAMILY STUDIES on 2007-02-15*

A. Description:

The purpose of the Strengthening Relationships and Marriages project is to increase the safety, stability and quality of children's home environments in Alabama, by providing individuals and couples with the knowledge and skills necessary for a positive, nurturing, long-term adult relationship. Participation in the project included the implementation of one or more of the following research-based curricula: (1) Prevention and Relationship Enhancement Program (PREP), (2) Smart Steps (for remarriages), (3) BEEing Families: Healthy Relationships, (4) Together We Can: Build Trust and Commitment and Manage Stress and Toxic Feelings, (5) Relationship Smarts (youth-focused), or (6) Parenting Across Households (focus on the co-parenting relationship). All curricula are designed to be offered as a professionally facilitated community education program series. Participants can be married or unmarried couples, single adults, single parents,

or youth, dependent upon the curriculum chosen. Collaboration with other community professionals is recommended for delivery. Objectives of the program center on reducing the risk factors that lead to unhealthy and unstable relationships (e.g., mismanaged conflict and negative communication patterns) and increasing or improving the factors that are associated with couple quality and stability (e.g., positive communication patterns, realistic expectations, and attitude of commitment). Each curriculum includes a separate and specific evaluation designed to assess the impact of the program on level of knowledge and skills targeted by the program. Other research-based relationship education curriculum can be utilized for work under this ETP. Efforts to develop research-based resources and improve access to resources focused on healthy relationships knowledge and skills are also included under this ETP.

#### B. Actions and Activities Carried Out:

In 2006, Six REAs and 1 CEC attended the RS+ training held in February 2006. Forty-six high school teachers also attended this training. During the training, ACES agents were able to become acquainted with the teachers in the counties they covered. By the end of 2006, over 1300 youth had received lessons from the RS+ curriculum. Many of these youth received the full curriculum during the months of February through May, 2006. Participating youth were from a total of 26 Alabama counties.

A second training was held in December 2006 in which four ACES agents and 15 teachers participated. They will be offering the program to youth during 2007. Additional trainings will be held for teachers and ACES agents in 2007.

10 ACES Agents were among 26 participants (others were invited community partners) in a training in Smart Steps for Stepfamilies and Parenting After Separation and Divorce in March 2006.

4 REAS participated with Extension Agents from around the country in the E-Seminar on Best Practices for Healthy Relationships and Marriages sponsored by Ohio State Extension in April 2006.  
<http://hec.osu.edu/eseminars/rme/index.html>

6 Agents attended the Smart Marriages Conference in Atlanta in June 2006 and participated in various workshops and trainings there.

10 Agents were among over 200 participants (others were invited community partners) in 3 regional "capacity-building" trainings focused on building community healthy marriage initiatives and best practices for implementing relationship and marriage education programs in August, October, and November, 2006.

ACES Technology Department developed on-line resource center for marriage education resources ([www.alabamamarriage.org](http://www.alabamamarriage.org)); on-line clearinghouse for research-based information for stepfamilies ([www.stepfamilies.info](http://www.stepfamilies.info)); and on-line resource center for the National Extension Relationship and Marriage Education Network ([www.nermen.org](http://www.nermen.org)). Work continues in 2007 (NERMEN website is under construction and will go "live" in Spring 2007).

Distribution of Alabama Marriage Handbooks throughout the State

Implementation of classes by REA/FCD Agents trained in curricula

Donna Gullatte-FCA Manager and Cynarra Fuller-Facilitator presented the SIPProject at the Child Support Conference-Orange Beach, AL. Donna Gullatte, Mary Jo Dennison and Gloria Trott met with Cathy Hubler-Dir. Of Pediatrics WIC Huntsville Hospital-The meeting produced the approval of Huntsville Hospital Social Work Staff promoting the FCA Program and assisting them with Referral to the Loving Couples, Loving Children program without the having to deal with Huntsville Hospital Privacy Issues. FCA Staff also presented the Program to WIC Staff so that they would be familiar with services provided and be able to offer referrals to the program. 2 Couples are presently attending LCLC Sessions. FCA Staff completed 1st Technical Assistance Call w/LCLC Staff. The Call was designed to assist facilitators with delivery of LCLC Programs. Some of the suggestions are to have Game/Family Nights Quarterly and to make Graduation Night a Special Day. They implemented a Family Night-Italian Style for couples to celebrate Valentines Day and Graduation for the 1st couple that have completed the program. A Family Connections in Alabama News Article was written by Donna Gullatte for the Alabama Cooperative Extension System-UrbanAffairsNewsletterNews <http://www.aces.edu/urban/metronews/vol6no1/healthyfamilies.html>

### C. Results, Impacts and Benefits to Direct Clientele and to the Public:

Evaluation data collected from 1215 youth who received the RS+ curriculum indicated that the lessons were effective in increasing knowledge about healthy/unhealthy relationships and improving interpersonal skills. Of the 1215 students, 33.7% were African American; 59.4% were Caucasian; 1.67% were Hispanic; 0.8% were Native American; 0.9% were Asian American; 2.3% had multi ethnicity, and 0.6% was uncertain. The mean age of participants was 16 years (SD= 1.3) with a range between 13 and 20. In terms of grade levels, 34.1% were in the 9th grade; 27% were in the 10th grade, 19.9% were in the 11th grade, and 18.5% were in the 12th grade (0.2% were considered Other). Of the participating students, 42.25% lived with biological or adoptive parents; 20.7% lived with one biological or adoptive parent and one step-parent; 27.7% lived with single parents, and 8% lived in a family structure characterized as "Other" (e.g., grandparents, aunt/uncle). Approximately 35% of participants had parents who had experienced a divorce. Over half (56.4%) of the participants reported that they were currently in dating relationships. The mean length of their relationships was 8.6 months (SD= 10.5); the median was 4.3 months. Participants reported a mean of 3.9 partners (SD= 3.2).

Changes in perceived knowledge occurred across all of the targeted program areas (significant at  $p < .001$ ). Knowledge increases were found for planning for the future, understanding the nature and importance of values, maturity, love and intimacy, identification of healthy dating strategies and of what abuse looks like in relationships and ways to address it, and how to implement effective communication within romantic and other close relationships. Means increased on average from 2.5 to 3.5 on a 4 point scale (1=knowledge is poor; 4=knowledge is excellent).

Faulty relationship beliefs (e.g., there is only one person out there for you, love is enough to solve all relationship problems) were found to decrease from pre to post test (dropping from 3.6 to 3.1 on a 5-point scale; significant at  $p = .001$ ). For those who started a new dating relationship while receiving the program, verbal aggression in their new relationships was significantly ( $p < .01$ ) lower than in the previous relationships they had been in (decreased from 1.2 to .50 on a 5-point scale, with higher scores indicated greater aggression). Finally, those who received the RS+ lessons evidenced a modest but significant ( $p < .05$ ) increase in their conflict management skills (3.3 to 3.5 on a 5-point scale; higher scores indicate greater conflict management ability).

Parenting After Separation and Divorce participants (data from 38 participants in Mobile and Baldwin counties): 75% referred to program by judges; 75% female; 25% male; Mean age: 35.2. Highlights from post-test evaluation - 100% of the participants agreed that the program staff was helpful in telling me about the program and handling arrangements for me to attend (68.8% strongly agreed); 100% of the participants felt safe at the classes (75% strongly agreed); 100% of the participants agreed that the information module on "Children's Responses to Divorce" was helpful and important (68.8% strongly agreed); 100% of participants agreed that the information module on "Helping Children with Divorce" was helpful and important (81.3% strongly agreed); 100% of the participants agreed that the information module on "Psychological Well-Being for Parents" was helpful and important (62.5% strongly agreed); 100% of participants agreed that the information module on "Creating and Maintaining a Supportive Parent-Child" was helpful and important (56.3% strongly agreed); 100% of the participants agreed that the presenter was clear and understandable (87.5% strongly agreed); 93.8% of the participants agreed that the class was a positive and eye opening experience; 100% of participants agreed that the information on legal issues was helpful and important (40% strongly agreed); 93.8% of the participants agreed that they understand more about how children are affected by a breakup (56.3% strongly agreed) 93.8% of participants agreed that they learned ways to keep their children out of the middle of conflict with their former partner (56.3% strongly agreed); 93.8% of participants agreed that they learned ways to strengthen their relationship with their children (68.8% strongly agreed); 93.8% of participants agreed that they learned about different ways of parenting after divorce or separation including parallel parenting (68.8% strongly agreed). 93.8% of participants agreed that they have a better understanding of how to have a businesslike relationship with their former partner (56.3% strongly agreed); 87.6% of participants agreed that the program has helped or will help them and their children's other parent to work out some of their disagreements without going to court (43.8% strongly agreed); 81.3% of participants agreed that they are

more aware of ways to help themselves when needed (50% strongly agreed); 100% of participants agreed that overall the program was worthwhile (68.8% strongly agreed); 100% of participants agreed that they would recommend the program to other divorcing or separating parents (68.8% strongly agreed) 93.8% of participants agreed that the parent hand-outs were easily understood and of help to them in applying what was learned in the program (50% strongly agreed); According to participants, the overall quality of the program was: Excellent: 56.3% Good: 43.7%

Public launch of Alabama Marriage Handbook at a Press Conference called by the Governor and Mrs. Riley in February 2006, resulted in over 20,000 hits the first month this ACES publication was posted on the ACES website. Requests for the handbook came in from around the state and all 15,000 copies of the Alabama Marriage Handbook were distributed by FCD REAs and CTF staff members (our main partner in the Healthy Marriage Initiative work).

Web Technology statistics indicate that 2,350 visitors came to the alabamamarriage.org website and 25,330 hits were registered for the entire site for the year. 32,964 hits were registered for the Alabama Marriage Handbook. The stepfamilies.info website statistics indicate 32,050 visitors came to the site and 861,016 hits were registered for the entire site for the year (launched in July 2006).

#### D. Fiscal and Human Resources:

According to the reported days worked on this project, 18 ACES employees allocated 421.65 days to projects associated with Strengthening Marriages and Families in 2006.

Of these ACES employees, 9 (including 2 specialists) used some of these days to participate in relationships education targeting youth activities. Because funding from the Department of Child Abuse & Neglect Prevention/Children's Trust Fund of Alabama (CTF) supports the implementation of this project, the cost to ACES for implementing the youth education lessons is primarily the specialist's or agent's time and the purchasing of a relatively small number of supplemental materials, as well as duplication of a few forms. CTF covers the costs of the curriculum and the costs of the 2-day training and the travel to attend the training.

10 of these ACES employees used some of their reported days to participate in trainings in 2 other curricula, Smart Steps for Stepfamilies, and Parenting After Separation and Divorce. 4 also participated with Extension Agents from around the country in the E-Seminar on Best Practices for Healthy Relationships and Marriages sponsored by Ohio State Extension. 6 Agents attended the Smart Marriages Conference in Atlanta and participated in various workshops and trainings there. All of these costs associated with travel, registration, and curriculum materials for all of these trainings were covered through grant funding from U.S. Dept. of Health and Human Services or CTF. The cost to ACES is the specialist's and agents' time related to the training in and use of materials as reported in individuals' report of days worked.

For the Family Connections in Alabama Project, a collaborative with AU and Alabama A&M specialists and agents with CTF, all costs associated with training and implementation and time of ACES employees is covered by a grant from the Office of Child Support Enforcement, U.S. DHHS. Additionally, the time of the ACES Technology Team for website development is covered by a grant from DHHS.

#### E. Program Visibility, Exposure and Future Plans:

ACES specialists and agents working on this ETP are involved in partnerships throughout the state with both community and state partners. Involvement also includes work and visibility at the national level. Currently, a guidebook is being written for Extension agents from the E-Seminar on Best Practices for Relationship and Marriage Education. Additionally, a National Extension Relationship and Marriage Education Model is being written (similar to the National Extension Parent Education Model) (2 HDFS Specialists are involved in this work) and will be distributed throughout the national Extension system in the fall of 2007. Presentations on this work will be at the National CYFAR conference; NEAFCS annual conference, and the NEA-4H annual conference in 2007. In 2006, multiple presentations and educational sessions have been delivered by agents and specialists throughout the state and nationally (details are in individual performance evaluation forms). Plans are to expand the work and the network of partners in 2007. Curriculum trainings will be offered each year, as well as a State Conference on Healthy Relationships and Marriages, in collaboration with the Alabama Dept. of Human Resources, Family Assistance Division, and the Alabama Children's Trust. Development will continue for the on-line educational resource centers for Agents, their partners, and for citizens directly. 100,000 Marriage Handbooks will be distributed annually.

RS+ (youth-focused) is being evaluated with funding from the Office of Planning, Research and Evaluation of the U. S. Department of Health and Human Services. It is a pioneering effort to develop a model for relationships education targeting youth. It is the first curriculum in the nation to be evaluated using methods to assess both immediate and sustained impact. It will serve as a national model of best practices in the field (state and national visibility will be high). The curriculum, its implementation, and evaluation outcomes have been presented at numerous professional conferences (e.g., National Council on Family Relations annual meeting, Alabama Family and Consumer Science Teachers summer meeting, Alabama State Association for Health, Physical Education, Recreation and Dance fall meeting). In addition, a manuscript addressing findings from this project has been accepted for publication in the journal of Family Relations. Future plans are to continue offering the RS+ curriculum to Alabama youth and to partner with other Extension Specialists to extend its application to youth in other states. Additional presentations and publications are planned.

### **ETP13I. Parenting Children and Adolescents**

*ELLEN ELIZABETH ABELL from HUMAN DEVELOPMENT/FAMILY STUDIES on 2007-02-14*

A. Project Description: The goal of this project is to strengthen parenting and parent-child relationships from early childhood through adolescence. Programs reported upon in this report include the Begin Education Early (BEE) program, for which agents submitted evaluation data. The primary goal of the programs is to facilitate parenting competencies in parents of children between the ages of 0-5, such as knowledge of child development, relationship-strengthening and guidance competencies, and skills to promote children's learning and social success.

B. Actions and Activities Carried Out: Project activities were carried out using van-based, one-on-one visits from trained parent educators between January 1 and December 31, 2006. Agents in six counties were implementing the BEE program as a result of having written and submitted competitive grant proposals for funding to support the implementation of the BEE program: Choctaw, Macon, Perry, Pickens, Tuscaloosa, and Wilcox counties. Choctaw, Pickens, and Tuscaloosa received their program funding through the Alabama Children's Trust Fund. Macon, Perry, and Wilcox counties were funded through the USDA's Children, Youth, and Families at Risk initiative.

BEE educators in these counties worked with and graduated a total of 108 children and their parents or adult caretakers. Each adult and each child in participating families received a minimum of 10 hours of education over 3 months. With parents, educators used the "Principles of Parenting" and "Basic Parenting" curricula, supplemented, as appropriate, with the "Building Strong Families" curriculum. With children, educators used an original, developmentally appropriate early childhood curriculum.

C. Clientele, Results, and Impacts: BEE program evaluation strategies consist of a quarterly document review of program records, BEE educator observations and session reports, and parental self-reports of knowledge, attitudes, and behaviors through pre- and post-program interviews conducted by BEE educators. Analysis of pre- and post-test interviews with the 98 of those families completing evaluation forms indicated that our targeted audience (rural, low-income families with at least one preschool aged child) was successfully reached. Of those individuals (85) for whom data was available to answer this question, 87% reported being eligible for services based on low income status. Participants were primarily African American (96%), lived in a town with fewer than 20,000 people (77%), female (97%), and had a high school education or less (63%).

After participating in the program, 98% of the parents reported that they knew more about parenting and child development now than before the program. In open-ended questions, 96% of the participants identified specific ways in which their relationship with their children had been positively influenced by the program. Their comments referred to their increased involvement, attention or affection (26%), increased understanding or patience with the child (18%), increased use of positive discipline (10%), and increased interest and activity in their child's learning (26%).

When asked initially how they prepare their preschool-aged children for school, relatively few parents described behaviors other than teaching young children basic skills (e.g. ABC's, counting, tying shoes, etc.).



After completing the program more parents described school-readying behaviors that went beyond teaching basic facts. The percentage of parents reporting behaviors encouraging language skills increased from 45% to 67%; reports of social skills-related behaviors increased from 22% to 56%; reports of behaviors fostering children's self-control increased from 40% to 54%; and reports of behaviors encouraging children's desire to learn increased from 24% to 44%.

D. Fiscal and Human Resources: According to the reported days worked on this project, 13 ACES employees reported devoting 1182 days to this project. Of these employees, 7 were BEE program assistants who worked over 7900 hours directly with the families. Work in three counties was supported by grant funds received from the Children's Trust Fund of Alabama. \$134,000 in grant funds from USDA supported BEE programming in Wilcox, Macon, and Perry counties. Parenting education efforts outside of the BEE program involved an additional 14 ACES employees who reported putting in 532 days on programs including Stay Connected, Nurturing Parenting, First Years Count, and Partners for Tomorrow.

E. Program Visibility, Exposure and Future Plans: Future plans are to continue to seek external grant funding from Children's Trust Fund and from other agencies to support county programs.

***ETP14B. Cooperatives, Small Business and Entrepreneurship Development***  
*CELEDONIO GAPASIN from ALABAMA A & M UNIVERSITY on 2007-02-16*

A. Description

Small business start-up has been the solution for a number of individuals and families in Alabama and across the nation who find themselves faced with employment challenges in periods of high unemployment brought on by down-sizing, restructuring, economic shifts, and community disasters. There is a range of professionals and paraprofessionals who are becoming more aware of the benefits of self employment. Census data indicates that while the majority of independent business owners are well educated, an estimated 25% have a high school education or less. Aside from generating funds to meet essential financial needs, small business entrepreneurship offers options for being ones own boss and pursuing creative interests that evolve from ones own thinking and initiatives. Moreover, owning ones own business can be an outlet for exploring acquired skills or natural talents that offer personal satisfaction, financial rewards, and enhanced management and control over available markets and resources.

In the wake of unprecedented disasters such as hurricane Katrina in Alabama and along the coast of the southern region, concepts related to small business start-ups, cooperative development and home based businesses as options for financial security and economic development have been particularly relevant. And, cooperatives are becoming more visible in the south as economists promote economic development models through the work of groups such as the Federation of Southern Cooperatives.

Programs offered by the Urban Affairs and New Nontraditional Programs Unit under the umbrella of the Cooperatives, Small Business and Entrepreneurship Development Extension Team Project (ETP 14B) have introduced valuable training and educational resources to support asset and community building in limited resource, underserved communities.

B. Actions and Activities Carried Out and Results, Impacts and Benefits to Direct Clientele and to the Public

1. State Level Cooperatives, Small Business and Entrepreneurship Development Seminars

A train the trainer seminar and in-service training on Cooperatives, Small Business and Entrepreneurship Development was conducted in 2006 with over 35 producers and educators and potential small business leaders. The seminar represented the second in a series of trainings designed to provide leadership and technical assistances to multi-community groups that wish to use the cooperative model of self help. Participants received curricular, resources and trainings on cooperative models, information and contacts for newsletters and producer mailing lists, and information and referrals for grants and funding sources. The seminars also addressed small business and entrepreneurship as economic development options.

Ralph Paige, with the Federation of Southern Cooperatives, was the opening speaker for the 2006 seminar. Paige has received national recognition for his efforts with cooperative development. Under Paige's leadership the Federation has developed more than 200 units of low-income housing, formed 18 community credit unions, started 75 cooperatives and established the Federation's Rural Training Center in Epes, Alabama. Not only has he put the Federation at the center of national advocacy and legislative battles for a wide range of public policy issues affecting farmers, but he has also made the Federation's model and cooperative development expertise available to international audiences. Paige addressed the 2004 Democratic presidential candidates at the National Summit on Agriculture and Rural Life on the State of Rural America.

The program agenda also featured a panel discussion on the subject of "Successes and Failures of Today's Cooperatives." Extension animal scientists, research associates and representatives from Alabama and Georgia cooperatives and producer groups comprised the panel. A second panel addressed "Strategies for Building Entrepreneurship Skills."

Post evaluations of participants indicated that more than 87% either improved or significantly improved their knowledge of cooperatives and small business development and gained a better understanding of the role of each in promoting more solid economies in underserved communities. For future programming, participants identified a need for assistance with the development of long term marketing strategies for small farmers and producers.

## 2. Metropolitan Regional Based Entrepreneurship Initiative for Adults and Youth in Houston County (South Alabama)

In Houston County agents provided follow through programming with entrepreneurship outreach to promote minority and small business development. A Franchise Entrepreneurship Seminar launched in 2003 targeted minorities offering training to:

1) educate participants on the basics of starting a business, 2) provide hands on approaches to developing a business plan, 3) identify potential funding sources, 4) introduce participants to recordkeeping essentials, 5) educate on legal business issues. Including and subsequent to the 2003 initial launching, programming results and impacts are:

2003

- Agent/s secured \$25,000 from the Dothan Area Chamber of Commerce to sponsor the first Entrepreneurship Symposium
- 25 volunteers were recruited representing agencies and businesses/industries to conduct workshops and trainings for the Symposium
- 200 minorities attended the Symposium
- 10% (n=20) of the program participants started their own business in 2003

2004-2006

- A ten week training entitled Next Level Business was sponsored in partnership with Troy State Business Center, and the Dothan Chamber of Commerce at an estimated cost of \$5,000.
- Twenty five (25) participants attended and completed the ten week training.
- Five (5) attendees started a franchise business in 2004.

- Three additional entrepreneurship seminars were held between 2004-2006. Presenters were successful entrepreneurs including Les Brown, Stedman Graham, and George Fraser.

- Stedman Graham's seminar targeted youth audiences with over 250 teens attending the region's first Youth Entrepreneurship Symposium. This seminar was followed by an on-going youth entrepreneurship program that was conducted in collaboration with the Boys and Girls Club of Dothan.

The initiative has solidified a standing working relationship between the Houston County Urban Extension Center and the local Chamber of Commerce. Continuing with the partnership, the Chamber has started a Micro Loan Program for minorities to borrow money to start or expand their businesses. Local business leaders gave \$300,000 to start the micro loan program. Extension agents continue to partner with the Chamber by making referrals to the minority community to apply to the micro loan program. And, one of the

Extension Systems' Urban Regional Extension Agents serves on the board of directors for the Business Mixon Center, a small business incubator established for small business start-ups in Houston County.

## 2. Building Business Partnerships in Mobile County (South Alabama)

The Alabama Department of Education's Career and Technical Education Department encourages teachers to form partnerships with local businesses to support programs and mentoring that will expose youth to various careers, future employment possibilities and potential business start-up possibilities as they pursue their studies. However, many teachers do not engage themselves in this meaningful effort.

Urban Regional Extension Agents at the Mobile County Urban Center were asked by administration to train career tech staff on strengthening collaborations and partnerships to better prepare them to create the necessary linkages to build more meaningful partnerships. The Urban Extension Center responded to the request and partnered with the Career Technical Education Department to bring parents, business, community and postsecondary representatives into the schools to work with students, teachers, and administrators to provide them with a realistic picture of the business world and the preparation students need for success in the real world.

The partnership has engaged groups and individuals representing financial institutions, electric cooperatives, realtors, insurance companies, investment and financial planners, corps of engineers and Master Gardener volunteers.

General awareness and knowledge enhancements impacts from these partnerships for 2006 have been:

- An open house was held for Family and Consumer Sciences and Career Tech teachers at the County Extension Office/Urban Extension Center to foster enhanced partnership building and stakeholder input for win-win program planning.
- Recommendations were made from the State Department of Education administration to the Family and Consumer Sciences and Career Tech teacher encouraging and promoting more partnerships with the Alabama Cooperative Extension System to support more consumer sciences, financial management and career education outreach training.
- A total of 600 students were involved in outreach programs that offered real world simulations in financial management and career education.
- Participating students have become more aware of skills needed in present and future job markets for a number of business and career areas.
- Teachers gained expertise and technical assistance to help provide a more complete education to career tech students.
- Students gained real world experiences through career awareness programs.
- Students' awareness of career opportunities was heightened.
- Business partners realize the potential for reduced costs to recruit future employees.
- Business partners will be able to retain first-year employees by being aware of the talented pool of students that are in the local career tech programs, there by reducing employment and recruitment costs.

## C. Fiscal and Human Resources

While cooperatives and small business development represent important and growing content areas for Extension outreach in Alabama, only four (4) agents signed up to support implementation of this Extension Team Project. Agents signed up to commit 135 days of their assigned work responsibilities to this effort. At years' end, only 128 days worked were actually reported. Impact and accomplishments reports were submitted by only 2 of the agents that committed to the project.

Never-the-less, those accomplishments that were reported show significant impacts and collaborative efforts between business and communities in the targeted areas, verifying the significant potential. An estimated \$30,000 in sponsorship was provided by community partners as direct support to planned activities to ensure successful implementation.

#### D. Program Visibility, Exposure and Future Plans

Due to the relevance of the content, this proposal was submitted to be continued in 2007. Revisions were made to the program proposal with input from the Extension Program Priority Team for Community and Economic Development. Expectations are that there will be an increase in sign-up in 2007. Participating agents have made use of celebrity and high profile speakers and presenters to give increased visibility to the program. Additionally, many of the approaches to launch the program that have involved creating solid partnerships and creating ongoing sequential programs have helped to build traceable clientele and program advocates. Participating agents have also done a commendable job with identifying program support through sponsorship.

#### **ETP15A. What It Takes to Start a Business**

*By CAROL B CENTRALLO from CONSUMER AFFAIRS on 2007-02-15 for*

Entrepreneurship is a means to earn income, provide needed goods and services, create job opportunities and improve quality of life. As a result of the loss of significant numbers of manufacturing jobs in rural areas of Alabama individuals are looking to start businesses of their own to generate income and revitalize their communities. Programs under this ETP helped adults understand the process of starting a business and increased their awareness of the training, counseling services and resources designed to assist entrepreneurs. In addition, programs for youth increased their awareness of entrepreneurship as a career choice in the future. A variety of formats were utilized by Regional Extension Agents utilized to provide 28 entrepreneurship meetings throughout the state. Five hundred and forty-five individuals were served by the project.

Programs for adults focused on business start-up. Wanda Jurriaans, the CEC in Talladega County offered a series of four business start-up workshops that were attended by 53 potential entrepreneurs. As a follow-up, additional workshops were developed to address specific needs of participants. Sessions were offered to provide specific information about starting and growing businesses focused on sewing, garden produce and gift basket businesses. Three participants started sewing businesses and are on the way to establishing a solid customer base.

Business start-up programs were presented in several additional counties. In Perry County, a series of four meetings were held with single mothers enrolled in the DHR, JOBS Program. Participants learned to critically evaluate business ideas, learned the basics of developing a business plan, and explored marketing strategies. Small Business Workshops were conducted in Pickens and Sumter counties in collaboration with the Small Business Development Center at Livingston. A similar workshop was held at Anniston Army Depot with emphasis on financing a business. The eighteen participants gained a banker's perspective on how a business plan is evaluated. Extension, AmSouth Bank, and the local chapter of Alpha Kappa Alpha Sorority co-sponsored the event. The vast majority of participants in the various project activities indicated a positive change in knowledge on post-program evaluations. Participants gained a better understanding of the steps they should take to start a business and learned of pitfalls that should be avoided. Individuals also learned about community-based organizations that can help them make their dreams of owning a business a reality.

Youth participating in small business programs learned basic business concepts through classroom instruction and increased their understanding of how business works through simulations and other hands-on activities. Programs conducted under this project in Calhoun, Etowah and Lee Counties are examples of successful entrepreneurship activities for youth. Elementary school students, in two Calhoun County elementary schools (one public and one private) learned the basics of entrepreneurship and money management using the BizWorld curriculum. The experience of designing, manufacturing, marketing and selling friendship bracelets not only taught them business concepts but enhanced their ability to work in teams. Teenagers in Etowah and Lee counties utilized the Kids in Biz curriculum and learned similar lessons. The Etowah program included five sessions and focused on food businesses. Some lessons learned included; planning a business, food shopping, and getting a job in food service. The culminating event was a Food Fair where participants set up booths and marketed their products to family and friends.

The Lee County program was conducted in partnership with Boy's and Girl's Club. Elementary and middle schools students examined product pricing, marketing and business planning through a variety of hands-on activities. During the fourth and final session students participated in a marketing simulation where they worked as teams to successfully market healthy snacks to others in the class. Through activities of the project students gained a better understanding of business and increased their problem solving and decision making skills.

#### **ETP15B Employment and Career Development**

*CAROL B CENTRALLO from CONSUMER AFFAIRS on 2007-02-15 for*

This project helps youth and adults increase their ability to choose careers and achieve success in the workforce. The project encompasses three areas of training. Career awareness programs help participants identify their career interests and explore career options. Workforce preparation programs assist individuals that are preparing to enter the workforce with resume' writing, appropriate dress, interview skills, career planning, etc. Employment life skills programs teach individuals how they can succeed in the workplace and include topics such as teamwork, communication, and workplace etiquette. The project served 2,989 youth and adults with a variety of activities including workshops, career fairs, and job shadowing. Extension partnered with local county agencies such as the Sheriff's Department; DHR JOBS Program; Housing Authority, churches, and schools throughout the state.

The success of the project is exemplified by the series of fifteen sessions that REA Theresa Carter conducted with the Christian Women Job Corp Programs in Madison and Marshall Counties over an eight month period. The 124 participants included women who were entering the workforce for the first time or after a long absence from the workplace and individuals that were trying to balance home and work. An outcome of the sessions is that some participants found employment after the program. Only 15% of participants were employed when the sessions began. Employment jumped to 45% after the sessions. In written evaluations participants expressed the positive impact employment is having in their lives. One participant wrote that "life has more meaning" now that she is working. Another participant wrote, that she can now "look an employer in the eyes" during an interview because she believes in herself. The responses support the efficacy of working with a group over a period of time to help individuals address a variety of employment and life management issues.

Under this project, Amanda Outlaw, Extension UREA, taught twenty-five single mothers how to use existing skills in employment. Employment preparation was one of many topics included in the Family Empowerment Program provided through collaboration with the Housing Authority, Transitional Housing Center, and the Transitional Center in Baldwin and Mobile Counties. Eighty percent of the participants found employment and continued in the program. Eight percent were promoted on their jobs during the program. In addition to employment, workshops were provided on stress management, goal setting budgeting, and other life skill areas. This example demonstrates the use of a holistic approach to helping families address the complex issues of everyday life.

#### **ETP 15D. Urban Family Financial Security and Consumer Education**

*BERNICE B WILSON from ALABAMA A & M UNIVERSITY on 2007-01-23*

Young adults graduate from high school lacking the necessary financial skills that society expects them to possess when they enter into the financial world they will face in adulthood. Certain financial life skills are needed for them to be able to contribute effectively, efficiently and productively as they prepare for financial security for themselves and their families. While some students will have had experience, others will face a dramatically different world from the one they knew in high school. Unfortunately, too many young people learn their personal finance and consumer rights and responsibilities the hard way. Jumpstart data support this theory. This data also revealed "for the first time since 1997 high school students are reversing declining scores and are demonstrating increased aptitude and ability to manage financial resources such as credit

cards, insurance, retirement funds and savings accounts” (Jumpstart, 2004).

LifeSmarts Middle School: LifeSmarts, a hands-on, computer-based, consumer education program prepares students to answer a broad range of questions about consumer issues. This unique on-line, competition about consumer rights and responsibilities, personal finance, technology, health and safety, and the environment help prepare them for life skills necessary for their survival in society. The middle school program consists of 6th, 7th, and 8th grade students who are guided by coaches, parents, teachers and volunteers. The LifeSmarts Middle School online competition was piloted in 2005. Data were collected on the top ten teams. The highest team score received was 49.50 and the lowest team score was 35.00. The Middle School LifeSmarts data in 2006 reflected, 52 coaches participated, 949 students competed, and 40 middle school teams qualified online. The highest national score received was 53, which was earned by a team from Tennessee. In 2005 the highest score received was 49.50 which was earned by a team from Tennessee.

Urban Regional Extension Agent Lelia Downing, continues to help middle school children in Bullock County show progress through their knowledge gained resulting from having strengthen their consumer skills. In 2005 Merritt Elementary School (Bullock County’s team) placed 6th in the nation with a team score of 42.50 in the Middle School online competition. In 2006, forty middle schools teams competed. Merritt Elementary School placed fourth in the nation with a team score of 46.25. Merritt’s team consumer skills increase by 3.75 points. The majority of these team members competed in 2005. In 2005 St. Joseph Catholic School (Macon County’s team) placed 9th in the nation with a team score of 36.25 in the Middle School online competition. In 2006 St. Joseph Catholic School did not perform as well as they did in 2005. Their team score was 35.5 a drop of 0.75 points which placed them in 19th place.

The Alabama State Middle School consumer skills average for 2005 was 39.38 and the State average for 2006 was 40.88. Conceptually the consumer skills of students in grades 6th - 8th in Alabama who participated in the Middle School online LifeSmarts competition for the two years, increased by 1.50 points almost one point per year.

LifeSmarts High School: Learning by way of having fun as a goal to increase consumer skills in the marketplace through wise spending decisions is one of the aspirations gained through participating in LifeSmarts. Survey data based on participants’ input are not available for 2006 because of some unforeseen circumstance. Data this year will highlight the top ten returning teams from 2005 and for 2006 that participated in the LifeSmarts online competition and show their increased consumer skills knowledge and compare the knowledge gained over the two year period.

In 2006, Alabama had 37 coaches registered, 11 coaches with teams, a total of 40 teams, 19 qualified teams, 406 students participating, high team score 48.50, average qualitative score based on number of teams, 42.15 (10 teams)

The top ten returning teams in 2006 were:

Name County/City Scores

Baker 1 Mobile 46.00  
Ultimate Survivors Athens (Extra curricular) 44.50  
Sylacauga HS Aggie 1 Sylacauga 41.75  
OMHS Shelby 41.00  
Sylacauga HS Aggie 2 Sylacauga 40.25  
Baker High 3 Mobile 39.74  
LCTC1 Chilton 39.25  
Finance Team 3 Jasper 38.50  
Finance Team 1 Jasper 38.25  
Marketing Team Jasper 36.00

In 2005, Alabama had 30 coaches registered, 12 coaches with teams, a total of 47 teams, 26 qualified teams, 349 students participating, high team score 52, average qualitative score based on number of teams, 44.30 (10 teams)

The top ten returning teams in 2005 were:

Name County/City Scores

Chilton County Smackdown Chilton 52

Baker High 1 Mobile 48.75

Tippin the Scales Athens 45

Upper Level Athens 44.75

Jags Hoover 44.75

SHS Aggie Team 5 Sylacauga 44.00

SHS Aggie Team 4 Sylacauga 41.50

Hornets Dallas 41.0

Baker High 3 Mobile 41.00

CCCTC FBLA Chambers County 40.00

Comparatively in 2006, Alabama's in-person competition teams had an average score of 42.15, whereas in 2005 the in-person participating teams had an average score of 44.30. Therefore, the teams in 2005 performed better than the participating teams in 2006 by 2.16 points. When these LifeSmarts teams are analyzed by locations, the 2006 teams from Athens knowledge level remained about the same as the teams of 2005. The 2005 Chilton County team's consumer knowledge scores reflected, that the 2005 team's knowledge increase was greater than the team of 2006 by 12.75 points (52- 39.25). Mobile's teams for 2006 had a consumer knowledge level of 42.87 and in 2005 the consumer knowledge level was 44.87, thus the consumer knowledge level in 2005 was higher by almost 3 points. The 2006 Sylacauga teams had an average score of 41.00 and the average score for the 2005 teams was 43.00 two points higher. In conclusion there is about a two point consumer knowledge gained revealed for these LifeSmarts teams for the program years of 2006 and 2005.

Themes running across the 2006 and 2005 data reflect that teams participating in the 2005 LifeSmarts competition had a higher consumer skills knowledge base in 2005 than in 2006. The generalizations that can be derived at this time to explain the reasoning behind the finding of these data are the increase in the difficulty level of the questions used for the online competition.

Family Financial Security – Investment Universities: Thanks to Extension and other partners, Alabamians over the age of 50 have had new opportunities to gain skills to survive in the world of investment and personal finance.

In 2005, after a national survey indicated that the majority of U.S. investors did not appear to possess important investor survival skills, the Alabama Securities Commission partnered with Extension and AARP Alabama to create the Investor's University program. The program brought personal finance and investment training to Alabamians ages 50 to 65.

Two hundred participants convened at the Birmingham Botanical Gardens in February 2006 for the first Investor's University. Speakers discussed different investment products, estate planning, fraud prevention, reverse mortgages, insurance, and other areas concerning personal finance.

Of attendants at the first seminar, 11 percent had been victimized by fraud, with \$136,540 as the average lost. Fifteen percent had experienced other types of financial exploitation, with an estimated \$5,050,700 lost.

In April, a second Investor's University was held in Huntsville with 103 participants. The majority of the participants were retired females between the ages of 65 and 74. Topics included predatory lending, reverse mortgages, home equity loans, investment fraud, and retirement and pension issues.

Participants of the 2006 Investor's Universities said the programs helped them determine what they need to

do to achieve financial security in retirement and that they will now make better financial decisions after having participated in the seminars. (Submitted by Bernice B. Wilson, Extension Resource Management Specialist)

**ETP19A. Alabama Certified Landscape Professional Training and Testing**

*TONY A GLOVER from AFNR - FIELD on 2007-02-28*

I. Description:

A. What was the need, problem, issue, or opportunity that this project addressed, and how was it identified?

Alabama's Green Industry represents 1.9 billion dollars to Alabama's economy. Commercial Landscape Professionals account for over 645 million of this total. The Landscape industry provides over 10,000 jobs to the Alabama economy.

Landscaping is recognized as an integral part of any business to attract customers, enhance values of homes and other real estate, increase occupancy of rental property, improve the healing environment of medical facilities, revitalize inner city economies, provide security, reduce pollution, save energy, provide wildlife habitat, and increase personal safety and the aesthetic appeal of the landscape.


The need for a higher level of training in sustainable landscape practices was identified with input from the Alabama Nursery and Landscape Association (ALNLA), the Alabama Turfgrass Association (ATA), the Alabama Irrigation Association (AIA), the Alabama Cooperative Extension System (ACES) and Auburn University (AU).

B. What was the goal of the project? What were the objectives?

The goal of the ACLP program is to offer a comprehensive teaching, testing and continuing education program to develop and recognize excellence among the Landscape Professionals of Alabama. This is a voluntary certification program not a replacement for the state certification which is required by law. The State exam is elementary and offers minimum assurance of knowledge and competence for the consumer but easy access for people wanting to begin a landscape business. Members of ALNLA, ATA, AIA, ACES and AU envisioned a higher level, voluntary educational and testing program so landscape professionals would have a way to distinguish themselves from those businesses with lesser skills and knowledge. Another goal was to provide continuing education opportunities in sustainable landscape topics for ACLP graduates.

C. Who is (are) the audience(s) that the project is intended to reach? Give the total number of people that you were hoping to reach through this project.

The intended audience includes all landscape installation and maintenance professionals and students pursuing opportunities in these vocations.







**Mobile Area Training**

D. What is the expected or desired change in clientele/participant behavior that you were hoping for as a result of the project?

ACLP applicants are required to know over 250 plants, including weeds, annuals, perennials, trees and shrubs along with a defined list of plant pests and landscape problems. Other areas of expertise include, landscape plan take-off knowledge, construction materials and standards, grading, landscape equipment safety, operation and maintenance, irrigation basics and trouble shooting, pruning, sod selection and installation, grounds maintenance BMP's, pesticide application and safety requirements, Alabama State landscape regulatory requirements, soil and fertility management and other areas necessary to be recognized as an ACLP. The expected change would include the use of these skills gained in the landscape installation and maintenance practices implemented by those who graduate.

## II. Actions & Activities Carried Out

A. What activities and/or educational methods were used to deliver this project? List and explain the specific activities that were carried out to support this project.

1. Two training and informational meetings were carried out with a total of 26 participants. The meetings were held in Cullman and Mobile counties. Dr. Joe Eakes and myself conducted these meetings.
2. Three testing locations were identified and planting/grading boxes were constructed at these locations at Wallace State Junior College (Hanceville), the Birmingham Botanical Gardens and the Mobile Botanical Gardens.
3. Twelve participants enrolled in the self study program to prepare for future testing.
4. Four participants successfully completed the entire exam and two addition students completed a portion of the exam. Students are allowed to retake failed portions of the exam without retaking the entire exam.



**Student taking practical exam**

5. A reciprocal agreement was made with Georgia to accept graduates and test results from each other. A similar agreement with Florida entered the discussion and negotiation phase in 2006 and is expected to be made in 2007.
6. Three ACES REAs participated in an In-Service training on how to be a testing proctor for the practical portion of the ACLP exam.
7. Negotiations were started to develop future testing and training locations at the Huntsville Botanical Gardens and the Dothan Botanical Gardens.
8. Promotion of this program was made via ALNLA newsletter, direct mailing to all people with the setting of landscape plants license, newspaper and radio.

### III. Results, Impacts and Benefits direct to Clientele and to the Public:

#### A. What were the short-term or immediate outcomes/benefits of the project?

1. Participants in the training and those contacted via media or mailings were informed about the goals and benefits of the ACLP training.
2. Program graduates demonstrated their grasp of the materials covered (listed in ID above).
3. Graduates were allowed to use their Certification status in their business advertisements.

#### B. How were these measured?

1. An extensive test including 3 written exams and 9 practical work stations are used to prove graduates have a firm grasp of the materials presented. Graduates of the program must have an average score of 70% or higher in each area tested to receive certification.
2. Graduates (small in number) were asked if they planned to use their new status in their business

promotion and all gave a positive response.

C. What are the anticipated or desired long-term impacts or results of the project? How will or can these be measured?

The long-term impacts would include the following:

1. Better educated and informed landscape professionals.
2. Consumers who can have a reasonable level of assurance the landscape professional they hire is well trained and has met the standards required for certification and the continuing educational requirements (CEUs) needed to maintain certification.
3. A wider implementation of best management practices (BMPs) in the landscape industry.
4. Improved economic gain for the best trained professionals who receive certification status.
5. A competitive advantage for those individuals who receive certification status.
6. Greater job satisfaction for confident and well trained professionals

D. Were there direct or indirect benefits provided the general public by this project? Will there be benefits to people who may not be directly involved in the project (i.e., those who did not participate directly in any of the activities)?

It is vitally important to the horticulture industry, the economy and the welfare of all of the citizens in Alabama that sustainable landscape practices also known as best management practices (BMPs) are used in the landscape to assure maximum benefits to consumers and the environment. In order to accomplish this objective a highly trained landscape professional is needed.

E. How did you define and measure the success of this project?

1. Success will be measured by participation and acceptance of this new certification program by the landscape industry.
2. Early growth has been slow but not totally unexpected. The program is modeled after one in Georgia which also had slow growth in the early years but much success in later years.
3. Most participants have passed the entire test on their first or second attempt. Grades indicate that the test is challenging.

IV. Fiscal and Human Resources:

A. How was this project funded?

This program is funded through the Alabama Cooperative Extension System and a grant from the ALNLA who also collects the fees charged to participants.

1. State funding for this program comes through ACES in the following forms.
  - a) mileage allowance to Specialists and Regional agents assisting with training/testing
  - b) salary support to Specialists and salary for Regional agents assisting with training/testing
  - c) salary for a state Program Coordinator responsible for state wide organization of the program

B. Were any special funding sources such as grants, contracts, etc. used to support this project? If so, tell the sources and amounts of all special funding?

Sam Fowler Account

C. How many ACES-funded FTEs were involved in planning, implementing and evaluating this project?

1. State Program Coordinator support = 0.13
2. Local & Regional Extension Agent support = 0.08
3. State Specialists support = 0.034

D. Were volunteers (people not paid by ACES) used in carrying out any activities that were a part of this project? If so, how many hours did they contribute?

Yes – 180 hours

V. Program Visibility, Exposure and Future Plans:

A. Have you already presented or communicated the impacts/success of this project to others (commodity groups, legislators, congressmen, etc.), or do you plan to do this in the future? If so, when and to whom?

1. Program results have been presented to the ALNLA
2. Program results have been presented to local public officials in annual reports

A copy of this report is available upon request and has been sent to those Extension employees who participated in 2006.

B. Please provide the names of some agents who were involved in this project and who based upon your knowledge did an outstanding job in supporting the project and/or carrying out the expected activities.

1. Tony Glover
2. William (Chip) East
3. Robert Crowder
4. Gary Gray
5. James Miles
6. Daniel Porch

C. What plans do you have for continuing or improving this project in the future?

We anticipate continuing to train and test new participants. The number of testing and training sites will continue to expand. We are pursuing wider use of electronic delivery methods such as video conference technology in class and training delivery. We will continue to build relationships with horticulture departments at Auburn University, Tuskegee University, Alabama A&M University and numerous junior colleges. Building relationships with high school vocational horticulture departments offer another opportunity for potential participants.

Continuing educational opportunities will be an increasing needed and future objective for program graduates.

The ALNLA is in the process of appointing a board of directors to give future direction and develop logos and promotional materials for the ACLP program.

### **ETP 20A2. Horticulture Therapy**

*CATHERINE SABOTA from ALABAMA A & M UNIVERSITY on 2007-01-23*

A. Description:

Horticultural Therapy is a process that uses plants, horticultural activities, and the natural world to promote awareness and well being by improving the body, mind, and spirit. Horticultural Therapy is universal, adaptable, and validated by research.

Horticultural Therapy complements other forms of therapy. It promotes a connectedness with nature and employs hands-on activities with clear therapeutic value. The growing of plants provides a wealth of tasks that stimulate thought, exercise the body, nourish the imagination, soothe the spirit, and educate people about an important aspect of life.

Horticulture therapy benefits everyone that comes in contact with it. The beneficial age range varies from

youth to the elderly. People of all physical and mental states can participate in horticulture therapy. Activities of horticulture therapy can be made accessible for any one. Raised planters, gardening tables and views can be built to accommodate those that are unable to bend over or are confined to wheelchairs.

Over 1.6 million Americans are in nursing homes full-time with more than 2.5 million released on an annual basis. While nursing homes have a reputation for minimal care and limited facilities, it is important to provide an opportunity to experience an improved quality of life for residents that have limited access to outdoor activities.

In 2000, 6.1 million children ages 3 to 21 years were found eligible for special-education services and accommodations, up from 3.7 million in 1976-77--an increase of 65 percent. The growing number of children in special education is not solely a function of an increase in the overall student population but also of a growth in the proportion of students claiming to be in need of special education. Specifically, 12.8 percent of the resident student population received special-education services and accommodations in 1997-98, compared to 8.3 percent of the resident student population in 1976-77. This increase in special education students and the government's lack of monetary support for mainstreaming has created a burden on the school system and the teachers. Programs that enhance the student's ability to function, obtain job skills and earn money are a high priority for both schools and Extension.

The horticulture therapy programs in this project include nursing homes and special education school children. The goals of the programs were to: provide projects to special education students that will make them productive, teach them job skills, and prepare them to join the workforce as productive individuals; and to provide nursing home residents with the opportunity to garden and perform garden related activities to provide a sense of normalcy by improving social, cognitive, psychological and physical skills.

The specific programs include:

1. Mr. Casey Smith, Landscape Design/Sports Recreation and Turf Instructor, of the Marshall County Technical School in Guntersville, is cooperating on a horticultural project with the Alabama Cooperative Extension System Urban Affairs and New Nontraditional Programs Unit. There are fourteen students participating in the project. The project is designed to use plants to encourage the students to focus on horticulture as a profession and to enable them to join the workforce as productive individuals.
2. This program has been implemented at two sites in Lawrence County: The Bill Stewart Activities Center (for the mentally retarded), and the NHC Nursing Home. The program advisory committee identified that both groups needed local programs, and staff (and administration) at both centers were consulted to find project needs, desires, intent, etc. The goals of the projects were to make vegetable gardening accessible to those who would otherwise not be able to benefit from it. The Stewart Center also had the goals of (1) vegetable production for profit and vocational training, and (2) vegetable production for feeding "group home" residents. The Nursing Home had the supplemental goals of making gardening available to wheelchair-bound patients, and a focus on quality of life issues rather than profit, sales, etc. Both projects involved using research-based agricultural information and demonstration, soil testing, recommended practices, and education, as part of the mission of A.C.E.S. Both were non-traditional audiences. Expected behavioral changes included learning (at the Stewart Center), production, sales (Stewart Center), profit (Stewart Center), and quality of life increases.
3. The Horticultural Therapy program was started for several nursing homes and assisted living facilities in Tuscaloosa to provide garden and garden related activities for the residents. While providing a sense of normalcy, the goals of this program are to improve social, cognitive, psychological and physical skills. Currently three different facilities are participating in this program. These locations include assisted living facilities: Merrill Gardens, Robertson Towers, and Heritage Health Care Center. Residents meet once a month with either hands-on activities in the garden using raised beds, a garden related craft, or a general horticulture lesson is taught.
4. The Hillcrest High School Greenhouse Program was started in 2003, when the school received a greenhouse. The Special Needs Class has 10 students with moderate to severe disabilities. The goals of this program are to provide vocational skills, improve social, cognitive, psychological and physical skills. In addition as the students use the greenhouse to grow plants for an annual plant sale, this provides the funds to continue the greenhouse program.
5. To foster science-based educational opportunities to underserved populations, particularly youth, the Urban Affairs and New Nontraditional Programs Unit (UANNP) of the Alabama Cooperative Extension System offered students/youth of the Montgomery Public Schools System (MPS) gardening/campus beautification to promote discovery. . With this project, gardening was used in conjunction with campus

beautification. With monetary and goods donations from local business, civic groups and city and state organizations, children who attend a public school within the MPS system participated in gardening/campus beautification programming/projects during the 206 Program Year. Approximately 60+ youth (97% considering themselves African American, with the remaining 3% a mixture of Caucasian, Asian, and Indian descent) participated in the programmatic activities.

#### B. Actions and Activities Carried Out:

1. The horticulture project established at the Marshall County Technical School in Guntersville involves a classroom-teaching phase and also a hands-on activities portion conducted in the greenhouse. The topics taught included information on trees, vegetables, houseplants, soil fertility and bedding plants. The class grew salvia, begonia, marigold, impatiens, petunia, sweet potato vine, ferns, and tomato and pepper plants in the spring.
2. With both projects in Lawrence County, there was planning with staff and administration, procurement of donations, building of the gardens, soil testing, soil amendments, planting with clientele, cultivation, insecticidal sprays, harvests, and publicity. In March, we planted 25 blueberry bushes at the Stewart Center and we had two workshops for clients (30 participants in each) at the NHC Nursing Home. Collaborations included the involved agencies (Bill Stewart Center and NHC Nursing Home) as well as input by the following: Boy Scout Troop of Moulton (labor), Yeager Gin Company (donated composts), Hooper Farms (donated and hauled manures). ACES was the lead agency and was responsible for coordinating others and donations. ACES success stories were written and posted online and 25 newspaper articles with a total audience of 382,739 were published. Demonstration signs on-site also helped to make clientele and others aware of the projects. None of the activities were multi-state except dialog with Vince Lalli in N. Y. regarding program ideas. Collaboration also involved an ACES-led application for grant funding to the RC&D Council (which was approved and funded for \$3,000) for garden renovation, raised beds, and landscaping at the Bill Stewart Center.
3. Currently three different facilities are participating in this horticulture therapy program in Tuscaloosa. These locations include assisted living facilities: Merrill Gardens, Robertson Towers, and Heritage Health Care Center. Residents meet once a month with either hands-on activities in the garden using raised beds, a garden related craft, or a general horticulture lesson is taught. Attendance ranges from 3-20 residents, with an average of 12 per month. Activities include general garden maintenance, pruning, plant propagation, planting window boxes and containers with herbs and flowers. At all locations raised beds or large containers were used for vegetable gardens. The residents grew tomatoes, peppers and eggplant for use in the cafeteria.
4. The Hillcrest High School Greenhouse class meets once a week with either hands-on activities in the greenhouse or general horticulture lessons in the classroom. Greenhouse lessons include plant propagation, basic greenhouse maintenance and care. Classroom lessons include botany, plant physiology, and vocational training. Over 40 programs were conducted.
5. By employing a two stage educational programming scheme consisting of in-classroom instruction followed by hands-on outdoor interactive know-how, students of Montgomery Public Schools gained valuable knowledge on various aspects of plant and tree selection, site selection for various plants and trees, proper care and maintenance of plants and trees installed, plant and tree anatomy, growth and development, and some aspects of landscape development.
  - i. Students were provided detailed PowerPoint Presentations, literary handouts, worksheets, and participated in gardening and beautification related activities in the classroom. After in classroom presentations and activities, students participated in hands-on outdoor interactive experiences where both student/youth, faculty/staff, as well as volunteers, planted various species of plants and trees to improve the aesthetic appearance of the school's campus with hope that students would take pride in the work they have done, improve science scores for specific grade level and content, raise awareness of the need for environmental consciousness among youth, as well as make the school more appealing to all who may visit the campuses. Pre and Post testing was used to assess youth understanding and retention of information provided. Math/reasoning skills (developing charts to track the growth of plants, rulers to measure the plants, etc), reading, language, and writing skills, as well as art, were all used to complete the projects. UANNP was able to deliver educational outreach that not only exposed youth to the benefits of gardening and beautification, but also expound on their reading, writing, math and science skills.
  - ii. ACES is the lead agency in this project. This project did not involve any collaborative efforts between

organizations.

iii. With assistance from school administration, letters were sent out to the teachers of each school respectively regarding the availability of urban forestry programming provided by UANNP. Teachers wanting to participate in the activities expressed interest and noted when it would be most appropriate for the programming to take place with their students based on the Alabama Course of Study for respective grade level. Once interest was generated and dates and times were confirmed, a brief explanation of the project/project expectations along with permission and publicity release forms were delivered to students for their parents/guardians to review and sign in order for each student to participate fully in the activities. Those students not returning the permission forms completed by a parent(s) or guardian(s) were not permitted to participate in the activities. Programming was further promoted through regular radio segments with local radio stations (WAPZ radio and GroSouth of Montgomery). The Montgomery Advertiser also planned a role in promoting the programming offered by the UANNP.

#### C. Results, Impacts and Benefits to Direct Clientele and to the Public:

The horticulture therapy gardens produced \$11,700 worth of vegetables and plants, but the human impacts were much greater. Students at Marshall County Technical School, Hillcrest High School, and the Bill Stewart Center received job-training skills that will prepare them for productive lifestyles. One student has obtained a part-time job in horticulture and several others have declared their interest in pursuing horticultural careers. Residents at 3 nursing facilities in Tuscaloosa gained self-esteem, exercise and respect as a result of participation in the horticulture therapy program. One project encouraged an isolated and reclusive patient to begin to respond and finally attend group activities, as well as to “open-up” and talk to others about her past garden. Students at Montgomery Schools increased their knowledge by 75% through school campus beautification projects

1. Mr. Smith, at Marshall County Technical School indicated that the 14 students demonstrated their interest by working outside of the classroom on various projects around the campus.

i. Examples of spring projects were: growing various nursery plants from seed in the greenhouse; establishing an outdoor classroom and growing vegetables in the school garden. Plants were sold for \$9,400.

ii. Seventy-five pounds of vegetables from the garden were donated to the Salvation Army.

iii. The students said that they have gained a tremendous amount of knowledge on plants and continue to enjoy caring for the plants. Pre and post testing verified this with an 85% increase. Student behavior also improved by 40%. Several students are interested in making their careers in areas that are covered such as golf course management and greenhouse nursery/landscaping operations. One student is working in the afternoon with a local lawn care service.

2. Benefits of the NHC Nursing Home project were mostly “quality of life” improvements, and were measured by interviewing staff and participants. Patients also received fresh vegetables from the raised bed garden and were somewhat more active due to the garden.

i. The recreation director wrote that the project encouraged one isolated and reclusive patient to begin to respond and finally attend group activities, as well as to “open-up” and talk to others about her past garden.

ii. One visitor told of how the garden helped her mother (a patient) just by being able to watch it each day from her window!

iii. There were 10 regular nursing home resident participants in the program. At least 5 residents would regularly observe the garden from their rooms.

iv. It was estimated that the garden had approximately 50 visits per day by residents, staff and visitors.

3. At the Bill Stewart Center there were similar quotes from the director, such as, “Liz was very happy that she could take home tomatoes that she helped to grow and share them with her family for dinner. She felt very happy that she could make a contribution to her family.” She also wrote that the Stewart Center’s group home clients were able to freeze squash for the winter, and that the 20 participants grew a total of 136.25 pounds of vegetables (in spite of soil pH problems) and sold a total of \$61.99 worth. The director wrote that most of their clients would not have the opportunity to learn about vegetable gardening without this program, and that it teaches them about teamwork and how to contribute to society. This, in turn, she says, gives them a greater feeling of self-worth and confidence in themselves. It also gives them new and exciting work and a chance to contribute to their community. The profit helps make the garden sustainable and self-sufficient. The public learned of the garden at the Stewart Center by reading about its soil struggles in the news media. The public also learned that the NHC raised bed garden was a success and productivity

was exemplary and educational. Impacts were compiled from visitors', staff's, and clients' feedback and comments.

4. Due to drought conditions in the Tuscaloosa area, the nursing home vegetable gardens did not produce this year. This program provides a sense of normalcy for the residents. As well, it has proven to decrease stress and frustration. The activity director of Heritage Health Care Center states "the garden is the first place all the residents bring their families when they visit. They want to show them their vegetables and flowers they are growing. The residents are very excited about this program and look forward to it every month."

5. The Hillcrest High School Greenhouse program has shown to decrease stress and frustration of the students. In addition it has provided them with a sense of pride and ownership, while providing them with vocational skills. Plus it has helped improve and/or develop fine motor skills. This program has helped the students to understand how to follow verbal instructions as well as introducing the students to others from the community (volunteers for program). As a result of the annual plant sale, \$2200 was raised to help fund this program.

6. Through activity questionnaires, it was obvious that many of the students/youth (even the teachers) in the Montgomery Schools had no experience in gardening.

i. The short-term or immediate outcomes/benefits of the project were to foster awareness to the wonders of gardening, to develop a sense of pride among the students participating (which bled over into the rest of the student population) in beautifying their school grounds, and to enter the City of Montgomery's Campus Beautification/Clean Campus competition, and place.

ii. Many of the teachers admitted to not having enough time and/or resources to conduct lab exercises that reflect what is learned through textbooks.

iii. Our gardening/campus beautification touched on all aspects of public school instruction (to include, but not limited to: science, math, reading, language, the arts, social studies, physical education). The key was to generate an interest in the project by offering creative hands-on activities both in the classroom and outdoors. Once the students attention was gained, the project flowed smoothly. Educators not participating in the project initially wanted to know where they could lend a hand once things got underway.

iv. Before beginning the gardening/beautification project, many areas on the school campus were void of vegetation, flowerbeds that were supposed to house flowers were barren, trash scattered about the school grounds, rusted metal drums were used as trash receptacles, little to no tree cover surrounding the school, etc. At first glance, the school was unattractive and not very pleasant to look at.

v. Throughout the transformation of the campus grounds, there has been less litter to pick up, students congregated in the areas beautified with flowers and trees pointing and discussing what they have done or seen others do there. Teachers and staff have received comments from parents and passers-by that the school looks great with the new changes/additions.

vi. Long-term, the project could lead to the development of habitat gardening opportunities, vegetable gardening, and additional beautification efforts. Honorable Mention (Bellingrath Junior/Middle High) and Third Place monetary awards (Harrison School placed higher than it ever has in the competition) were given to respective school based on their efforts to beautify their individual schools.

vii. Through the activity questionnaires, it was evident that less than 20% of all students/youth had participated in any form of gardening activities. At the completion of the project, more than 95% of all students participated in the gardening/campus beautification project. Pre and post examinations were administered throughout the programmatic activities. Initial testing showed that less than 25% of all students involved were able to correctly answer questioning regarding various aspects of plant and tree identification, plant and tree selection, site selection for various plant and trees, proper care and maintenance of plant and trees installed, plant and tree anatomy, growth and development, and aspects of landscape development. At the completion of the gardening/campus beautification, 90% of all students were able to correctly answer test questions containing the information previously mentioned. Also, physical education in public schools has been more or less replaced by music and computer literacy courses offerings. The gardening/campus beautification programming offered periods of physical labor for participants.

viii. Select areas that were once barren and void of vegetation, now covered with trees or ornamental plants, are "gathering spots" for youth of the school. Teachers and staff made mention of the past appearance of the school's campuses and how the campus looks at present. Teachers who did not participate in this past year beautification project want to participate in the upcoming Program Year's projects. Most importantly, students have begun to take pride in the hard work they did in the project. There is less trash and garbage



scattered around school grounds, which is evidence that students are taking pride in school appearance. ix. The aesthetic improvement of the school's campus is one of the indirect benefits of the project to the general public. Parents are more likely to support school initiatives based solely on the school's appearance. Improvement to the appearance of the school can make conditions more conducive for learning. Students/youth were encouraged to discuss with their parents/guardians their role in the project. They were also encouraged to ask parents/guardians to come and lend a hand. Some volunteerism was from parent support. Getting the parents involved this Program Year may lead to more community involvement in future programming in the school's gardening/campus beautification project.

x. The project was measured not only by pre and post-tests, but also through visual observation. The initial objective of the project was to offer students' science related educational opportunities that they would not get during a normal school year. Pre and post-testing at the beginning and near the end of the project indicated that students showed a 75% improvement in the amount of knowledge they had of gardening/beautification. Visual observation was also used to assess the accomplishments of the project. Students that were not participants in the programming would gather near the work of participating students offering congratulation and asking to participate in future campus developments. Teachers, whose students did not participate, wanted to know where they could make a difference in campus appearance with new projects. Many of the faculty and staff offered suggestions as to what direction the rest of the gardening/beautification efforts should take. There was positive feedback all around on the efforts of the school's students/youth.

#### D. Fiscal and Human Resources

The programs under this ETP received \$40,368 in donations, contributions and support. Volunteers contributed 698 hours worth \$10,547. Some projects were self-sustaining by selling crops. These earned \$9,400.

- The Marshall County Technical School is sustaining its program by selling plants (\$9,400 in 2006).
- The Stewart Center project was funded by ACES and a grant from Alabama A&M University. Donations were also made by the City of Moulton for hauling in (and purchasing) topsoil at a value of \$500.00; tractor work and grading by the City of Moulton at a value of \$60.00/hr. (\$180.00); manure hauling by Hooper Farms (\$200.00); and compost donation by Yeager Gin Company (\$100.00).
- The NHC raised bed garden received funding by NHC for \$88.00 for materials; the local Boy Scout Troop (labor) (valued at 3x\$15/hr.) @ \$135.00; Yeager Gin Co. (\$50.00) for composts. ACES staff solicited and coordinated donations.
- Due to the success of the Hillcrest High School (Tuscaloosa) program \$35,000 was donated for a commercial size greenhouse. It was constructed this year. Volunteers worked approximately 650 hours with the students and the construction of the new greenhouse a value of \$9750.
- The RC&D Council has approved a grant for the Stewart Center project for the construction of raised beds (and landscaping) for \$3,000.00. ACES staff-led grant proposal.
- The Montgomery School System program was funded by donations from local businesses, city officials, and civic organizations. Various species of tree saplings donated by the Alabama Forestry Commission were used in the beautification of school campuses (estimated value of \$630.00). The Alabama Forestry Association provided a number of trees saplings totaling nearly \$110.00. Southern Homes & Gardens donated compost soils, estimated at a value of \$50.00. Bear Lumber Company of Montgomery was generous enough to donate scrap lumber that was used to construct raised beds (estimated value of \$120.00). Wal-Mart and GroSouth donated various ornamentals (marigolds, begonias, etc) valued at \$200.00. The school's PTSA also provided some additional support totaling approximately \$80.00. No funds were raised to carry out any activities that were part of this ETP. All supplies and materials used to support the Campus Beautification programming were donated.
- Approximately 28 volunteer hours (four African American females, three African American males, two Caucasian females, and two Caucasian males) were donated for the Campus Beautification Projects (at a rate of \$15.00/hour; \$420.00). Program Advisory Committee members (one African American male and one African American female) provided an estimated 11 hours of volunteer hours (approximately \$242.00; \$22.00 per hour).
- Extension provided 1.19 FTE.

#### E. Program visibility, Exposure and Future Plans:

- The Marshall County Technical School project has been featured as a 2006 success story. Pictures are available, from Eddie Wheeler, of the activities that were conducted as a part of the project. The plan is to make this project a continuous part of the Marshall County Technical School's curriculum. We will make some additions to the project based on comments from the project leaders and the students. We plan to add a shiitake mushroom demonstration as a part of the program. Plans for the future also include continued promotion of the project to get more agencies involved.
  - Due to the success of the Hillcrest School program conducted by Michelle Mobley, \$35,000 was donated for a commercial size greenhouse which was constructed this year.
  - With assistance from GroSouth of Montgomery through regular radio sessions the impacts/successes of the Montgomery campus beautification projects were presented/communicated to residents of Alabama who listen to the programming. Success of the programs was also presented at 2006 ETP meeting conducted via videoconference.
  - Each school produces a campus paper to highlight the good work done by their students. The campus beautification was mentioned in the school's paper.
  - Through the Montgomery Clean City Commission, an article was published in the Montgomery Advertiser about the results of the Campus Beautification Project participants.
  - A brief auto-slide show was produced for dissemination to various school systems, civic groups, group homes, etc. to solicit interest in beautification programming offered through UANNP.
  - Future plans to further communicate the success of the project are: continue radio sessions with GroSouth, television segments with local broadcast stations, and article and pictures in local newspapers and publications. Roosevelt Robinson has many photos to support the work done this program year. Photos are on a CD and can be easily disseminated.
  - There are many tree-give-away opportunities in the Autauga, Elmore, and Montgomery area. Considering that many tree species are expensive and the fact that many of the saplings given away each year never survive to be planted, it would be a good idea to establish root stock of various tree species and let area youth maintain and monitor the growth and development of these trees. These trees may then be used in other campus beautification projects throughout local school systems or for other programmatic activities within the next Program Year. Some of the trees planted on the school campus were cut down by school system maintenance personnel. Although the trees were staked and areas designated with markers, some trees unfortunately were mowed and cut down. I will provide better and more communication with maintenance personnel for the new program year.
  - The school year typically runs from August of one year to May of the next year. Campus beautification projects conducted in during the school year lose their aesthetic appearance through the summer months as the students are on summer vacation. It has been proposed that labor from local youth detention centers be used during the summer months. However, some of the schools participating in beautification project conduct summer enrichment programs. When students are present, youth from detention centers cannot be on campus.
  - Monetary awards received from participating in the City of Montgomery's Campus Beautification/Clean Campus Competition will be put back into project to further its success.
  - Newspaper articles written by Jerry Chenault, for The Moulton Advertiser (circulation 4,859), on the Bill Stewart Activities Center and the NHC Nursing Home projects, and both have visible metal "Extension Demonstration" signs posted. They have been presented, in a PowerPoint presentation, to about 60 local civic leaders and to county commission members as well. They were also, in a similar presentation, given to the interagency council this fall on the programs of Urban Extension. Approximately 30 agency staff and leaders were present. Pictures are available of both projects.
  - Future plans include the construction of raised beds (16) at the Stewart Center in January 2007 and a possible "garden on wheels" for the NHC Nursing Home. The Stewart Center landscape addition is also in the plans as part of the grant obtained from RC&D.
  - Support Letter from NHC
- "12/18/06

The vegetable and flower garden was a pleasant success. We have patients who gardened all their lives. We have a patient that had behavior problems and didn't enjoy being around others. She would eat alone in our dayroom for lunch and always refused to attend activities. When we planted the garden, we finally got a nice response from her. She loved to go out and weed out the garden. She also would pick her some tomatoes to have with her supper each night. She began talking about her past garden experiences and

how she cooked for everyone. Her family was so grateful to know we had finally found something for "Mom" to do. We are so pleased to have Jerry take up the time to help make a difference in someone's quality of life. We hope to continue this, and someday have a flower garden on wheels for our patients that cannot come out of their room.

Thanks so much!

Nicole Logston, RC"

• Support Emails, Stewart Center:

"From: Donna Dutton  
To: Jerry Chenault  
Date: 12/18/2006

Hello,

Liz was very happy that she could take home tomatoes that she helped to grow and share them with her family for dinner. She felt very happy that she could make a contribution to her family.

The group home clients were able to freeze squash to have to eat in the winter.

Merry Christmas!"

"From: Donna Dutton  
To: Jerry Chenault  
Date: Friday, October 27, 2006

Most of our clients will not move on but will remain as permanent clients. Total produce raised in the garden is 136.25 pounds. \$61.99 worth of produce was sold.

Most of our clients would not have had the opportunity to learn what goes into growing a garden without this program. They were excited about getting to pick the vegetables themselves and getting to eat what they helped to grow.

The clients would not have the chance to grow the vegetables to either eat themselves or sell to the public. Also with the garden they learn about teamwork and how they can make a contribution to society by selling some of the produce.

By having the garden the clients learn they can contribute to society, which in turn gives them a greater feeling of self-worth and confidence in themselves.

It gives the clients a new and exciting project to work on plus gives them a chance to contribute to their community.

The money that is made from the garden is used at this time to make the garden self sufficient and in the future to make a profit from the sales of the produce. The clients are paid an hourly wage for all of the work they do in the garden."

***ETP20A3. Horticulture Therapy in Attention/Detention Facilities***

*By CATHERINE SABOTA from ALABAMA A & M UNIVERSITY on 2007-01-24*

A. Description:

1. The Coosa Valley Youth Services/Tree Amigos/Ornamental Banana Farm (CVYS/TA) program in

Anniston targets female youth-at-risk high school students housed at the Coosa Valley Youth Services facility. The program goal is to provide basic knowledge and therapeutic hands-on experience, in the field of horticulture, to a youth audience that is often under-served in the realms of “out of the box” learning and teaching methods.

2. Coosa Valley Youth Services/Camp Lewis/Alabama Tree Trust is a 10-week program geared toward male youth-at-risk who are perceived as potential juvenile detention residents. The program goal is to intervene with positive guidance and direction to avoid future incarceration. The boot camp format instills structure, obedience, and physical growth. The program involves two aspects including the management of the Alabama Tree Trust Nursery and a ten-week educational training course promoting job skills and horticulture/plant science.

3. The 3-Spring Juvenile Center in Courtland, Alabama is part of a “community gardening project” and was therefore started as a profitable, sustainable, agricultural enterprise for the clientele. Its primary purpose for the 3-Springs Center was to enable the youth to be involved in horticulture as a therapeutic activity, and to also provide profit and fresh vegetables for their consumption. It was intended that the staff and youth be trained in horticultural techniques and practices and then to become more and more self-sufficient with the project. The intended audience is the staff and clients of the juvenile center of detention. The detainees are constantly changing and are a dynamic population; however, the normal population is approximately 40 young males (of various ethnic backgrounds). We had hoped for a positive change in clientele to occur as a result of working in horticulture; however, this has not always happened due to the revolving population (the best ones leave). Since this was the second year of the project, less time was invested on the part of ACES and more time invested on the part of 3-Springs staff members. ACES' Urban Regional Extension Agent, Jerry Chenault, visited the garden periodically and helped to weed and cultivate and spray pesticides. 3-Springs staff handled other duties of the project.

#### B. Actions and Activities

1. On a weekly basis, 38 Educational classes and hands-on activities were held for the CVYS/TA program coinciding with current scholastic work. Information was implemented through various means including PowerPoint lessons, class discussions and debates, labs, and field trips. Students were given pre- and post-tests to gauge learning levels. The bananas and many of the plants were propagated and grown by the students providing job skill experiences and therapeutic benefits.

2. The Alabama Tree Trust Nursery is an ongoing program in existence for 10 years. The program has evolved over the years into a service component of the CVYS boot camp program. The tree nursery has provided shade trees to numerous Alabama communities free of charge. The trees are planted on public land including schools, parks, and right-of-ways. The cadets are responsible for planting, nurturing, and pulling orders. The 4 class rotations taught on a weekly basis by various agents enforce the support and abilities of the involved students.

3. ACES assisted staff with plans, goals, planting dates, weeding, cultivation, spraying pesticides, monitoring the garden, etc. Plans were also made for a composting station, but the staff at 3-Springs did not follow through. The project was promoted/publicized via a permanent visible metal demonstration sign, as well as PowerPoint presentations to the Interagency Council and the civic leaders (and county commission) luncheon on 12-11-06.

#### C. Results, Impacts, and Benefits

Knowledge gained from the one program evaluated was 88%. Sales of produce and plants totaled \$3,442. Also, 500 free trees, valued at \$5,000, were distributed to public areas throughout the state. With a dynamic population it is difficult to keep track of numbers of students. However, there were approximately 277 youth that were part of these three programs. Student attitudes and morale improved and some students expressed an interest in pursuing a career in horticulture.

1. Post-test scores increased an average of 88% for the CVYS/TA program. The greenhouse and horticulture program provided self-supporting funds by generating \$3,200 from annual ornamental and banana plant sales. Besides positive scores on post-tests, student impacts are basically tallied through volunteer, teacher, and staff input. Approximately 62 girls took part in this program. Student attitude, morale, and interest showed dramatic improvement. Some students expressed interest in pursuing a career in horticulture. The program provided numerous house items and needs from funds generated through the plant sales.

2. The program provides numerous benefits. The greatest benefit is the applied and therapeutic learning experiences of the participating students. A total of 155 male youth-at-risk students completed the program returning home with basic job skills and related job experience. Some cadets have followed in similar job

fields due to sparked interest in horticulture received at Camp Lewis. Alabama communities benefit from the 500 free trees (actual value approximately \$10 each) provided by the program. In the long run, Alabama citizens benefit from the numerous aspects provided by shade trees that enhance our urban areas. Pre and post testing has recently been incorporated as a measurement of knowledge gained.

3. Approximately 60 boys were included in the garden program at 3-Springs. The crops produced weighed 478 pounds. Some of the produce was used in the cafeteria and \$242 was earned from sales. Long-term benefits from the garden include vocational training, cooperation and teamwork, skill development, education, diet enrichment, enjoyment, and quality of life improvements.

#### D. Fiscal and Human Resources

Donations, previous year's sales funds and volunteer time spent for this program totaled \$23,772. Total FTE expenditures were 0.68.

1. The CVYS/TA program is funded through grants, volunteer services, community donations, self-generated funds, and in-kind services of ACES and CVYS. On a weekly basis, volunteers average 20 hours per week. Some volunteers have been participating since the program began over eleven years ago. Numerous plants were donated (\$3,100) by industry contacts and related horticulture entities such as retail nurseries, other universities and extension systems, and regional botanical gardens.

2. The Boot Camp program is supported through the in kind services of 3CVYS and ACES staff. Grants from Legacy and grants for teaching materials and media have enhanced program capabilities.

3. The 3-Springs project was funded by a mini-grant from Alabama A&M University and by profits from last year's garden. Volunteers were 5W, 2B, 3M, 4F, and contributed approximately 22 hours of time to the project (@ \$15/hr.) for a value of \$330.00.

4. Extension personnel time for this program was 0.68 FTE.

#### E. Visibility, Exposure, and Future Plans

1. The CVYS/TA program is a touted success and model program in the Alabama Cooperative Extension System and its successes are widely known throughout other Alabama organizations and communities. The program plans include continued growth and support through additional grants, continued hard work, and volunteer support. The program was featured at a national conference in Omaha, NE, and presented by Susie and Curtis Franklin, volunteers who have been with the program since the beginning.

2. The Boot Camp program is recognized in the judicial system of nine northeastern Alabama counties.

Future plans include a revamped business plan to restructure the nursery focus and product dispersal.

3. Successes for the 3-Springs project have been communicated via ACES "Success Stories" and articles in the Moulton Advertiser newspaper (circulation 4,859). Pictures are available. Future plans are to continue the project with minimal ACES input; however, staff plans at 3-Springs include building raised garden beds and a compost bin for the project.

4. Contacts for this project were 303,621 non face-to-face, 324 males, 783 females, 550 youth, 557 adults, 848 white, 238 black, 13 Hispanic, 6 Asian/Pacific Island and 2 other.

5. Some generic pictures are available, but no pictures of the youth can be taken for privacy reason.

### ***ETP 20A5 Urban Environmental Horticulture 2006 Annual Report***

*CATHERINE SABOTA from ALABAMA A & M UNIVERSITY on 2007-01-24*

Anniston Museum of Natural History/Green Team/Botanical Gardens

#### A. Description:

1. The Anniston Museum of Natural History gardens have become an "outdoor extension" of the museum exhibits. The garden consists of numerous educational theme gardens that have been designed, installed and maintained through a partnership of museum staff, ACES, and the Green Team, a volunteer group of local citizens. The gardens have become a major attraction.

2. The School Landscape Initiative goal is basic: to provide an outdoor educational aspect to the school landscape in addition to increased aesthetics and school pride. Many schools have little to no landscaping. The program encourages theme-based gardens that link with school curriculum. Currently, four schools are actively participating in the program with ACES support.

3. The Median Garden is an 11-year ongoing community garden project that has become a well-known

urban demonstration garden in Anniston. The garden focus is educational, promoting new and non-traditional plantings for central Alabama. The garden is divided into four major sections including a perennial garden, a hummingbird and butterfly garden, a tropical garden, and a xeriscape (water-wise) section.

#### B. Actions and Activities:

1. The Anniston Museum gardens have been maintained through combined support of the museum staff, ACES, and volunteer activity. Mondays are the designated program workday and involve maintenance and installation projects. Twenty-eight workdays with Green Team members have provided \$4,988 (276.5 X \$18.04) in labor costs. Collaboration with additional ACES programs such as CVYS Attention Home has provided avenues of additional development of the gardens. The annual plant sale is held in conjunction with the museum garden tour, strengthening the effectiveness of both programs.
2. Students participate in the development, installation and maintenance of school landscape initiative projects. Students are encouraged to research garden aspects and participate in all stages of development of the gardens. The garden pond has taught aquaculture to participating students at Alexandria High School. Saks Elementary has begun a butterfly and hummingbird garden to expand knowledge and experience in environmental education.
3. The Median Education garden is maintained with volunteer support. The Garden is also supported by minor donations through local garden clubs including mulch and garden chemicals.

#### C. Results, Impacts, Benefits:

1. According to museum director, Cheryl Bragg, the gardens have boosted museum attendance due to the seasonality of garden change and general horticulture interest. The museum opened the tropical conservatory in May, resulting from a \$50,000.00 gift from a local community supporter. The gardens are an outdoor educational laboratory utilized by local and regional schools, ACES programs, and other museum programs. The gardens have expanded to include the Berman Museum grounds encouraging additional community donations to that museum and promoting numerous positive comments according to museum staff. The gardens received the community beautification award, botanical garden status and recognition as a state tourist destination. Green Team Volunteers have provided 276.5 hours in labor. Plant donations from various resources total over \$4,500.00.
2. According to teachers, students develop skills, benefit from therapeutic aspects, and an increased sense of school pride. School grounds had fewer incidences of vandalism to landscaped areas. The efforts have encouraged additional parental volunteers and donations from local organizations.
3. The demonstration garden has provided aesthetic and educational benefits in the community. The garden provides a visible palette of new and unique plant selections for the area.
4. Outputs
  - A total of 15 educational lectures were given in 2006. Hayes Jackson served as a featured speaker for 2 regional professional trade shows including Wintergreen at the University of Georgia and the Gulf States Horticulture Expo in Mobile, AL. He was the feature speaker for 4 regional botanical gardens including Atlanta, Memphis, Aldridge Gardens (Birmingham) and Birmingham
  - He published an article in the Journal of Southeastern Palm Society Jun 06
  - he was featured in a Web-based article on Plant Exploration in Asia ([www.plantdelights.com](http://www.plantdelights.com))
  - Featured article in American Nurseryman Mar 06
  - News article on Hardy Palms Apr 06
  - AP wire to Southeastern Newspapers on hardy palms, May 06
  - Anniston Star article on Garden Tools Oct 06
  - Anniston Star article on Hardy Citrus Nov 06
  - Anniston Star article on Cold Weather preparation Dec 06
  - Featured article in Memphis Botanical Garden newsletter Sep 06
  - Designed and implemented a healing garden for Autumn Cove Nursing Home
  - Served as a judge for the Alabama Fern Society Fern Show at the Birmingham Botanical Gardens
  - Served as Alabama Board member for the Southeastern Palm Society

- Provided professional advice and plant materials for Habitat for Humanity Housing

#### D. Fiscal and Human Resources:

1. Besides in-kind services of museum and ACES staff, the program primarily relies on donations and volunteer actions. The Green Team is the volunteer group that provides general maintenance responsibilities. Gifts and grants have suddenly become an interest among the community.
2. Besides in kind services of participating schools, funding and implementation was provided through donations, gifts, and parent volunteers.
3. Volunteer labor (80 hours) and small donations of maintenance supplies (\$150.00) are the main source of support for the Median Garden.
4. Extension time dedicated to this project is 0.6 FTE.

#### E. Visibility, Exposure, and Future Plans:

1. The gardens simple visibility as an entity of the museum has been the greatest mode of exposure. The museum newsletter, the publication of the Southeastern Palm Society, and Alabama tourist pamphlets have contained articles praising and providing information to potential visitors. The garden has become well known to many horticulturists nation-wide and is often a travel destination to those interested in the varied horticultural components resulting in an economic impact to the community. Goals this next season include a completed botanical loop with a shade garden, a hydrangea collection, and native plant collections.
2. The school gardens have been self-promoting. Gardens located at school entrances promote positive comments from parents, visitors, and students. Future plans include increased school participation and implementation of new theme gardens including a "Dinosaur Garden" that highlights prehistoric plants like ferns, gingko, dawn redwood, and cycads. The program will also encourage more collection gardens of species suitable for Alabama landscapes.
3. The Meridian Garden's existence may be in jeopardy due to planned construction and growth. The garden is located at the city's major intersection. The mayor of Anniston supports relocating the garden to the Anniston Museum, where the plants could be incorporated into the existing gardens. The city would provide labor and machinery needed to complete the relocation if needed.
4. A total of 1,211,600 urban non face-to-face contacts were made in 2006. Face-to-face contacts included 989 males, 726 females, 349 youth, 1,366 adults, 1,403 were white, 262 black, 31 Hispanic, 19 Asian/Pacific Islanders.

### ***ETP20C, ETP20C1, ETP20C2, ETP20C3, ETP20C4 and ETP20C5. FIRE ANT MANAGEMENT KATHY L. FLANDERS from ENTOMOLOGY & PLANT PATHOLOGY on 2007-02-15***

#### A. Description:

This ETP was designed to teach the principles of sustainable fire ant management. Since 2000, the Alabama Cooperative Extension System (ACES) and the Alabama Fire Ant Management Program have conducted educational programs on imported fire ant management. Our sustainable approach to fire ant management makes fire ants easier to live with while reducing social, economic, and environmental costs. A tiered training approach was used. In 2000, forty county extension agents were trained in fire ant management. In 2001, educational publications and teaching materials were developed with input from these agents ([www.aces.edu/dept/fireants](http://www.aces.edu/dept/fireants)). From 2002-2004, agents trained the next tier of trainers, called fire ant management advisers. By teaching those who are likely to pass on their knowledge, we multiplied our own training efforts. We estimate the impact of this program to be \$1.3 million annually. Results from pre- and post-testing showed that we increased the knowledge of our fire ant management advisers by 29%. For every dollar spent we get at least \$30 in savings for our stakeholders. In 2004, extension agents continued to conduct fire ant education programs. In addition, they started field demonstrations of bait-based management programs. Beginning in 2006, specialists and agents from ACES have been involved in developing imported fire ant eXtension, using a grant obtained from eXtension. The Alabama Cooperative Extension System is the lead institution on the grant. Imported fire ant eXtension will be launched to the public in April 2006. Several other organizations have collaborated with

ACES in implementing the fire ant education program. Our partners include The Alabama Fire Ant Management Program, Alabama A&M University, USDA ARS, USDA APHIS, the Alabama Department of Agriculture and Industries, the Alabama Cattlemen's Association, the southern region SARE Professional Development Program, and eXtension.

#### B. Actions and Activities Carried Out in 2006:

Because of this program, the overall level of knowledge of fire ant biology and management strategies has been improved. The program resulted in more appropriate use of fire ant insecticides and reduced environmental hazard.

The past several years, Extension agents have been conducting demonstrations using fire ant baits in a variety of situations, including cattle pastures, school grounds, strawberry fields, and cemeteries. In 2006, 13 Extension agents established a total of 22 bait-based fire ant management demonstrations. Results of two of these are written as success stories for 2006. Results from three more demonstrations are posted at [www.aces.edu/dept/fireants](http://www.aces.edu/dept/fireants). Most of the bait-based demonstrations were "successful" in that they controlled fire ants. More importantly, the reduction in fire ant populations satisfied the clients. All too often clients spend too much time, too much money, use too many pesticides to control fire ants, and after all that, they are frequently unhappy. Fire ant baits have the advantage of being extremely safe to humans, pets, and most other non-target organisms. The cost of fire ant bait is not prohibitive. A once per year, skip swath application of an insect growth regulator bait costs about \$6-8 per acre and might be all that is needed to control imported fire ants in a pasture or hayfield, where 85-90% control is sufficient. Other, more sensitive areas, such as a school yard, might require two applications of fire ant bait for a higher percentage of fire ant control, at a total cost of \$30-40 per acre. A typical alternative material for school grounds costs \$180 per acre.

Extension agents feature fire ant management in their programming in other ways. Magazine articles and presentations at professional meetings help spread the word about fire ant management. An article by Regional Extension Agent Henry Dorough was published in AFC News, and others are posted at [www.aces.edu/dept/fireants](http://www.aces.edu/dept/fireants). Extension agents used materials developed by the Alabama Fire Ant Management Program to train master gardeners and made presentations to garden clubs, Youth Services programs, Senior Citizens meetings, Boys and Girls Clubs, Alabama Agricultural Experiment Station field days, and Habitat for Humanity volunteers. Twenty Herd seeders were available for use by Alabama stakeholders in 2006, and each one is used more each year. Twenty more seeders were purchased and will be in place by spring 2007.







**REA Stan Roark explaining how to apply fire ant bait**

The Alabama Cooperative Extension System is the lead institution in a grant proposal to develop a fire ant eXtension module. Eight members of the eXtension work team attended the fire ant conference, and participated in eXtension work days. One hundred frequently asked questions about fire ants have been answered and are posted on the eXtension FAQ site. Formal launch of Imported Fire Ant eXtension is scheduled for April 2007. Fifteen Extension Agents and Specialists from the Alabama Cooperative Extension System are participating in this project.

Ten Extension agents and two graduate students were able to attend the fire ant conference. Funding from the Alabama Fire Ant Management Program and the eXtension project was used to leverage additional funds from the Alabama Cooperative Extension System IPM Mini-Grants Program.

The Alabama Fire Ant Management Program hosted the 2006 Imported Fire Ant Conference in Mobile, Alabama, in March. Researchers and educators from the Southeast, Texas, New Mexico, California, Taiwan, China, and Australia gathered to share research results and exchange ideas on how to manage fire ants.

Three fire ant slide sets were updated and sent to each county Extension office and each regional Extension agent who helps educate people about fire ant management. The publication, 2006 Fire Ant Control Products for Alabama Homeowners, helps Extension agents and homeowners choose the right fire ant control products for each situation. A regional publication, Broadcast Baits for Fire Ant Management, was published in late 2005. Members of the Alabama Fire Ant Management Program helped revise another regional publication, Managing Imported Fire Ants in Urban Areas, published in August 2006.

#### **C. Results, Impact, and Benefits to Direct Clientele and to the Public**

Most of the bait-based demonstrations were "successful" in that they controlled fire ants. More importantly, the reduction in fire ant populations satisfied the clients. All too often clients spend too much time, too much

money, use too many pesticides to control fire ants, and after all that, they are frequently unhappy. Fire ant baits have the advantage of being extremely safe to humans, pets, and most other non-target organisms. The cost of fire ant bait is not prohibitive. A once per year, skip swath application of an insect growth regulator bait costs about \$6-8 per acre and might be all that is needed to control imported fire ants in a pasture or hayfield, where 85-90% control is sufficient. Other, more sensitive areas, such as a school yard, might require two applications of fire ant bait for a higher percentage of fire ant control, at a total cost of \$30-40 per acre. A typical alternative material for school grounds costs \$180 per acre. The impact of this project is economic. For example, consider a typical school ground that has 5-10 acres of land surrounding it. A bait based approach could result in a savings of approximately \$1000 per school, just in the cost of control material alone. A typical homeowner spends \$100 to control fire ants. A bait based management approach would cost about \$30, a savings of \$70 per homeowner. Cattlemen in Alabama lose about \$6 million each year due to fire ants. They perceive that they cannot afford to manage the ants. Demonstrations on cattle pastures have shown that they could afford to treat their most heavily infested pastures, and their most valuable hayfields. The potential environmental and economic impact of a bait-based approach is clear. We need to continue this program in order to change the attitude of clients, from a mound treatment-based to a bait-based approach toward fire ant management.

#### D. Fiscal and Human Resources:

Thirty participants reported 369 days worked on the project. Their efforts resulted in 8,901 face-to-face contacts and 914,000 non-face-to-face contacts. The participants were from four program priority teams: Commercial Horticulture; Home Grounds, Gardens, and Home Pests; Animal Sciences and Forages; and Agronomic Crops. This year's project resulted in three success stories, as well as several REA authored articles posted at [www.aces.edu/dept/fireants](http://www.aces.edu/dept/fireants) or published in Cooperative Farming News.

#### E. Program Visibility, Exposure and Future Plans:

Fire ants affect all our lives. Because of that, they are frequently in the news. Our Extension agents appear frequently on the radio, on television, and in print discussing fire ants and their management. Results are reported to the Alabama Legislature, and key government officials via the annual report of the Alabama Fire Ant Management Program.

In 2007, we will continue our bait-based, sustainable fire ant management demonstrations. We will continue to conduct fire ant educational meetings. We will help monitor for decapitating flies. As members of the eXtension Imported Fire Ant Community of Practice, we will be able to provide quality information to stakeholders throughout the fire ant infested region in the United States (85 million people in 14 states or territories).

### ***ETP 20D. Integrated Subterranean Termite Management***

*XING PING HU from ENTOMOLOGY & PLANT PATHOLOGY on 2007-02-15*

Subterranean termites continue to be the most destructive pest to wood structures and homes in Alabama, resulting in more than \$3 billion loss annually in damage and control. The ETP 20D is a continuing effort undertook to help Alabamians combat the most invasive exotic Formosan as well as native subterranean termites, which are also pose a serious threat to urban plants.

ETP-20D aims to deliver research-based new knowledge to extension agents and extension clientele including government agents, pest control professionals, in-state associations, institutes, local clubs, as well as general public.

The goal is to minimize economic loss caused by termites and to improve public health and environmental quality by promoting IPM practice.

Accomplishments: ETP-20D is implemented through multi-methods including 2 instructional In-service training, >4,955 technical assistances, 21 group contacts, 23 demonstrations, 33 news media activities, and

7 outreach publications (details refer to annual report to the department).

Impacts and Benefits to a clientele of diversity:

We educated not only adults but also children on the unique biology and control-related knowledge of the invasive exotic Formosan subterranean termite. 100% of the clients become aware of the vicious ugly FST and the awareness made more efficient and accurate of our continuing public surveillance on the range expansion of the exotic Formosan subterranean termite. All the clients indicate that they will not import structural wood or used railroad ties from FST infested areas anymore, and will report to ACES immediately any suspicious FST infestation.



**Children learn termite trail-following behavior**

Extension agents learned how to use the new device to detect termite movement or chewing sound in soil or behind walls. In turn, our agents delivered the information agent training on new termite detection devices, the technology has been introduced to more professionals and homeowners. Early detection of termite infestation in homes can save thousands of dollars in control and home repair for each house.



**Watch termite moving in soil**

At least 147 homeowners informed us that they have taken action in proper house and landscape maintenance (fixing water leaking, digging up buried wood and cleaning up wood debris around home, cutting back bushes around homes, etc.) to eliminate or mitigate termite problems.

82 homeowners informed us that they have collaborated with pest control professionals in selecting the control products that are mostly environmentally safe and long-lasting effective for termite control.

100% pest control professionals outreached by us have adopted new technologies for termite control.

Numerous cases have been reported on how effective the new technologies are and how significantly the call-back rate has been reduced.

All the regional forest agents and Opelika downtown development committee are aware of the threat to urban trees posted by FST (Photo 3). The Opelika downtown development committee is considering FST control a key element in their effort to restore that historic area.



**Inspecting termite infested urban tree**

Program visibility, exposure and future plan:

ETP20D continues to be a very visible program to our clientele statewide and nationwide. Frequent new media and field demonstrations exposed this program to extremely broad clients, and caught attentions from USDA, researchers, and chemical manufactures which either are seeking or have established collaboration with AL. This project is to extend to develop educational kits for county office in 2007.

***ETP 21B: Cancer***

*KATHLEEN A TAJEU from FAMILY AND CONSUMER SCIENCES on 2007-02-16*

A key goal of this ETP is to increase timely screening rates for breast and cervical cancer. This is based on the fact that cervical cancer is almost 100% preventable if women are properly screened. Breast cancer has a high survival rate when detected at an early stage.

Somewhat more than 150,000 individuals throughout Alabama live with/survive cancer diagnoses. 66 Alabamians per day are diagnosed with cancer. With an estimated 27 people per day dying of cancer in Alabama, it makes cancer the second leading cause of death in Alabama.

The economic burden of cancer in Alabama is estimated to be over \$2.9 billion or approximately \$646 for each person. These costs are in great part related to the lack of health insurance and barriers that prevent Alabamians from accessing the services needed for cancer prevention and early detection. That is why a focus on screening and early detection, as well as cooperative efforts to promote participation in federally funded programs are important goals for ACES.

While cancer rates are lower among minorities, their mortality rates are higher. This mortality disparity is in

large part related to issues of access to early detection and low quality health care in rural areas with high proportions of minorities. While ACES HNDH team cannot have a substantial effect on the quality of health care, we can certainly promote early detection and help ensure that residents are aware of programs that increase their access to screening and care. Part of this also involves discussions of beliefs and cultural considerations.

Working with youth and young adults is one strategy that has been shown to be effective and is being utilized in the funded REACH 2010 Intergenerational and Creative Arts project. Young adults and youth are both receptive learners and have been documented to be able to effect change among older family and community members. Therefore the REACH Project has among its goals and objectives training at least 60 youth to disseminate information on breast and cervical cancer.

TEAM Up is based on a nationally recognized, evidence based, community intervention that utilizes volunteers/community liaisons and professionals working together to reach people in their common community settings. We aimed to reach at least 100 women and involve them in two sessions addressing screening information, local screening resources, interactive problem solving activities addressing barriers to screening, and learning how to prepare healthy foods for prevention.

Target Audiences included both youth and adults with a special emphasis on African American women as a way to help reduce mortality disparities.

#### Actions and Activities Carried Out

The major focus during 2006 was on screening and early detection for breast and cervical cancer, with some programs including information on nutrition and physical activity strategies for reducing the risk of these cancers. (NOTE: Skin cancer activities are reported under Environmental Health)

Activities and methods used to deliver this project included: educational workshops on breast and cervical cancer early detection and risk factor reduction, a youth training program, Purple Teas, and a cancer prevention and control calendar "Generations Touching". All endeavors were conducted with substantial collaboration. Extension was the (or a) lead agency in all endeavors. Collaborations involved: American Cancer Society, UAB Comprehensive Cancer Center (REACH 2010 and Deep South), Alabama Department of Public Health (Breast and Cervical Cancer Early Detection Program), local hospitals, local women's groups, faith-based organizations, youth serving organizations, and community support groups.

The TEAM Up Project is a national 8-state project that cooperatively brings together National Cancer Institute, American Cancer Society, Centers for Disease Control, and USDA-CSREES to work in states and counties within states with high mortality disparity rates. Deep South, which is an Alabama partner in Team Up, is a Mississippi and Alabama CDC funded project, and our involvement with them has enabled us to learn from the entire project.

Several other states in the southeast have been working on breast and cervical cancer control, including local coalition formation in North Carolina, South Carolina, and Georgia.

#### Results, Impacts and Benefits to Direct Clientele and to the Public

Pre-post data gathered from the REACH 2010 Montgomery youth outreach worker training indicated: substantial improvement on knowledge of age to begin breast self exam, recommended frequency of breast self exams, recommended age for initiating mammograms, improved survival rates with early detection, major risk factor for cervical cancer, and the major test to detect pre-cancer of the cervix. On all 6 items looking at improvement of skills related to breast self exam from 25 to 39% of participating youth expressed their conviction they were more able to do these steps correctly after the intervention. This was particularly encouraging data as we know that individuals need to feel a sense of competence, as well as have knowledge, before they are likely to adopt new behaviors. Because a major aim of the program is to have youth spread the knowledge and skills they have gained to older/adult family and friends, the outcome data was particularly encouraging in terms of their confidence to teach and encourage others to adopt

recommended behaviors. On these 4 questions, participant improvement ranged from 53% feeling more confident to teach others to perform quality breast self exams to 69% feeling more confident to encourage others to get a mammogram and 71% feeling more confident they could encourage others to get annual clinical exams.

The REACH 2010 Purple Tea was assessed in terms of participants' satisfaction and perceived enhancement of learning/awareness of cancer. There were 73 attendees at the 2006 Montgomery Purple Tea; of those 40 completed a satisfaction survey with 39 rating it the highest possible with an excellent rating

Data gathering via Follow-up Questionnaires will be conducted for fall '06 TEAM Up programs during early 2007. Outcomes and benefits for participants

Programs such as these that reach a large number of participants, either all at once or via a series of workshops involving different youth and adults, build the greatest awareness and knowledge gain among program participants. However they also reach others through a ripple or multiplier effect.

Indirect impact to the general public include public dollars saved on cancer treatment when women either prevent e.g. cervical cancer via early detection or improve their prognosis and minimize their invasive treatment for breast cancer via early detection.

#### Fiscal and Human Resources

Funding was received to support both REACH and TEAM Up projects with \$15,000 and \$24,000 respectively.

Approximately 1 FTE was devoted to this ETP

Both REACH 2010 and TEAM Up are heavily reliant on volunteers. REACH 2010 involves collaborative work and efforts to gain support from faith-based youth-serving organizations, community and school-based youth serving organizations, and opportunities for youth to share their learning with adults. TEAM Up is a multi-institutional endeavor that also recruits volunteers from the community to recruit program participants, market the program, assist with cooking and educational program delivery, help with record keeping, and provide process evaluation information.

#### Program Visibility, Exposure, and Future Plans

Close to 100,000 Alabama residents received media-based information on breast and cervical cancer prevention and early detection and/or information on upcoming programs.

Visibility has been given to the TEAM Up project through a multi-state quarterly newsletter. Alabama's efforts were featured full page in the January 2007 edition (based retrospectively on 2006 activities). ACES participates in the REACH 2010 annual networking meetings which involve approximately 400 participants from across the Alabama participating counties, as well as physicians and researchers and community organizers from UAB and speakers from CDC.

The Purple Teas have had full page newspaper coverage for two years in Escambia County; the REACH 2010 Purple Tea is announced on cable television in Montgomery and Project Co-Director Yvonne Thomas has been interviewed for morning shows. Last year a state school board member served as the Purple Tea moderator.

For further information contact Torhonda Lee, Yvonne Thomas and/or Carolyn Bivins.

Efforts to promote cancer early detection, as well as information about working with a health care provider to ensure understanding of risk factors and protective/preventive actions, will fall within ETP21B – Health Care Working for You - in 2007. In 2007 breast and cervical cancer as well as colorectal and skin cancer

educational and outreach activities will be reported under this ETP. New curriculum based on the funded projects will be initiated.

### **ETP 21C. Cardiovascular Health Awareness**

*DONNIE LOVE COOK from ALABAMA A & M UNIVERSITY on 2007-02-15*

#### Program Description:

This project creates an awareness of cardiovascular disease and how to prevent and control risk factors associated with the development of cardiovascular disease. Cardiovascular diseases (CVD) are heart and blood vessel diseases grouped together (primarily, coronary heart disease and stroke). Causes of CVD can be grouped in to two classifications: 1) Major risk factors and 2) contributing risk factors. Contributing risk factors (obesity, hypertension, cigarette smoking, physical inactivity, diabetes, and elevated blood cholesterol) can be changed. Programmatic focus addressed lifestyle and behavior changes through educational activities to reduce risk factors, symptoms, and protective behaviors. Additionally, workshop, seminars, and health fairs provided information on risk factors that have been directly or indirectly linked to cardiovascular diseases: obesity, physical inactivity, diet (high total fat intake, saturated fat, high cholesterol, high sodium and high caloric intake), hypertension, diabetes and smoking.

#### Action and Activities

Through out the state workshops and seminars were conducted to build awareness of cardiovascular diseases and to promote lifestyle changes in dietary, physical activity, social, and personal health habits at all levels: individual, family, and community. Educational workshops and seminars focused on identifying risk factors, how to control and /or prevent them. Illustrations were provided to show the negative effects of each risk factor and how more risk factors increases the risk of cardiovascular diseases. Behavior changes and lifestyle modification are the keys to controlling cardiovascular health. The UREAs partnered with communities and faith-based groups, and allied health agencies to promote lifestyle changes.

#### Women and Heart Disease

Urban low-income and limited resource women are still facing problems with heart disease. Not eating right and not getting enough exercise is one of the main sources that are adding to this problem. Family history is also a main factor in heart disease. Participants learned the 8 importance of eating right, exercising and getting a doctor check-up as needed. More than 22 women participated in this program.

#### Lifestyle Change Program

The Walking & Eating Program was offered to participants who have unhealthy lifestyles because of not eating well-balanced meals, snacks, a lack of exercise, disease or conditions related to unhealthy lifestyles and weight problems. Urban Regional Extension Agent Mary Andrews wrote the W&E Program. She partnered with Karen Crowell, clinical dietitian from ECM Hospital and Dr. Lavin Rowe, Associate Professor – School of Nursing, University of North Alabama to implement and execute this ten week program. The Walking and Eating (W&E) program is a ten week program offer through the Lauderdale County UREA, with seventy-four (74) individuals signed up for the ten week program.

As a result of this program the participants lost a total of 350.06 pounds, 28 inches, cholesterol dropped 199 points, and blood pressure dropped 234 points. Five participants were able to come off their high blood pressure medication.

#### Results

Four months after the class ended I did a follow-up program to see how many of the participants were maintaining their lifestyle changes as a result of the ten week classes. The results are as following:

Forty percent (40%) of the participants returned for the follow-up.

Twenty-five percent (25%) of the participants were still losing weight.

Ten percent of the participants were maintaining their weight.



Five percent (5%) of the participants had gained back what they lost.

Three months post, follow-up was conducted, 90% of participants substained daily excercise of walking and biking. Also, 85% indicated continued healthy eating habits and making wise food choices.

#### Youth Cardiovascular Awareness

Healthy Heart programs were conducted in 2006 at Central Primary School after school program. There were three hundred thirty (boys and girls) students who participated through out the year. The program was developed show children the importance of eating health and daily physical activity. The classes meet weekly for 30 minutes; discussed healthy eating and exercise. Healthy snacks especially fresh fruits were always provided. At the beginning of the year only about 20% of the fruit was being eaten each class and at the end of the year at least 60 -70% of the fruit were eaten each class. As a result the knowledge gain the student learned the benefits of eating fruits and learned to enjoy eating a variety of different fruits. At the end of the year a "Heart Health Fund Day" was conducted which included the participation of the youth, parents, and volunteers. During the fun day youth and adult participated in competitive physical activities and enjoyed eating healthy snacks for refreshments. Recipes of the healthy snacks were given to the youth and parents to take home and try. At this event many parents verbalized how their children eating habits had improved and physical activity level had increased. Parents and community supporters greatly appreciated the program.

#### Fiscal and Human Resources

The UREAs and specialist partnering with allied health agencies and community leaders in planning and implementing special activities: such as heart health groups, walking clubs, and group weight lost challenges, etc. Through the Walking and Eating Program, after school programs, workshops, seminars, health fairs, and other special activities two thousand seven hundred and +fifty nine(2,759) persons reduced risk factors and improved health and general well-being.

Demographic: 2,759 face to face contacts;gender 23% male and 77% female;ethnicity - 48% White, 49.6% Blacks, and 2.4% other. As we increase the number of days devoted to cardiovascular awareness, we will broaden outreach efforts and create a greater awareness through educating people how to improve their health and genweal well being.

#### E. Program Visibility, Exposure and Future Plans

Extension is committed to helping our underserved populations by continuing to provide the educational programs, materials and other needed resources to improve their status. This after school project will be funded for another.

#### ***ETP 21D: Diabetes and Obesity***

*KATHLEEN A TAJEU from FAMILY AND CONSUMER SCIENCES on 2007-02-16*

Obesity is a major public health issues, in part because approximately 80% of persons who are obese will develop a wide range of related additional health problems.

While there are rare hereditary diseases and a general tendency for obesity to run in some families, it is widely agreed that generally speaking obesity is most frequently a result of an energy imbalance due to eating too many calorie and not getting enough physical activity.

As recently as 2004 Alabama was identified as the "fattest state" in the nation, with 63% of Alabama adults either overweight or obese. Data from the Alabama Behavior Risk Factor Surveillance System, Alabama Youth Risk Behavior Survey, and the Alabama Department of Public Health, and the Alabama State Department of Education indicate that among children, recent data indicates that 14% are already overweight with an additional 14% being at risk for being overweight. The profiles are complicated, with some areas and ages experiencing as much as 44% being at risk for overweight. The geographic distribution of obesity shows the highest burden is predominantly in the Black Belt region.

Further studies reviewed by the Alabama Department of Public Health indicate the importance of both individual personal lifestyle choices and environmental and socioeconomic considerations. Underlying attitudes are also an important consideration when developing programs to address these issues.

There are disparities in the prevalence of overweight and obesity, with the conditions being more common among minority groups and those with a lower family income. The prevalence is higher among women of minority populations than in Caucasian women. Nationally among men the highest rates are among Mexican Americans, followed by Caucasians and African Americans. Nationally among children, data from CDC shows African American and Hispanic children are at 21.5% while Caucasian children obesity rate is 12.3%. Therefore, while it is important for ACES programs to address people of all ethnic/racial backgrounds in Alabama, it is also important to note the urgency of involving African Americans, Hispanics (especially Mexicans), and people of lower socio-economic backgrounds.

#### Goals and Objectives

Through a range of ACES' HNDH programs we are striving to encourage healthy relationships with food, healthy body weights, and physically active lifestyles. Program participants are learning about the risk factors they need to control to have optimum weight and prevent/control diabetes. ACES HNDH PPT members and professional colleagues across the state are also learning about specific research/new developments in understanding the mechanisms of overweight, obesity, and diabetes. In addition to the knowledge foundation, programs are being developed to support positive behavior change.

#### Actions and Activities Carried Out

ACES annual Diabetes and Obesity Conference, in 2006 titled "So What? Obesity is a contributing factor to Diabetes Type II". There were close to 100 participants. Through collaboration with ADPH, over 10 speakers of renown made presentations to REAs, CECs, public health nurses and nutritionists, and community members. Post participation questionnaire data indicated that participants were highly satisfied with the Conference and learned a great deal.

A new Diabetes Prevention exhibit was developed, distributed among REAs, and displayed at numerous health fairs and community events.

Healthy lifestyle cooking schools/classes were developed for the general public, as well as diabetes cooking classes specific to persons with diabetes.

1400 Food service workers across the state were reached through classes on nutrition education and marketing healthy nutrition in schools. Headstart teachers learned about MyPyramid and portion control, as well as general concerns related to obesity and diabetes. Training included head start teachers of migrant children. All of these education/school affiliated program participants received information on how physical activity and nutrition are related to academic success, as well as receiving specific information on appropriate portion sizes and vending machine concerns.

Children were reached indirectly through the work of the food service workers, as well as through the Just Move program jointly developed between HNDH and 4-H. Just Move included creative activities such as moving the card deck, volley ball, Frisbee, jump roping, and healthy eating.

Health fairs in every region of the state gave opportunities for free health screenings and opportunities for collaboration.

Collaborations included sister agencies such as ADPH, local and regional hospitals, Alabama Dietetics Association, organizations addressing specific populations groups such as senior nutrition sites or pre-school children in programs such as Head Start, not-for-profit organizations such as the American Lung Association, businesses who hosted work-site programs, Kids N Kin, and colleges and departments at Auburn University.

## Promotion and Publicity

### Multi-state activities and other states' involvement

Diabetes Cooking School and related activities are implemented with their unique state adaptations in West Virginia, Florida, Texas, Kentucky and Tennessee

### Results, Impacts, and Benefits to Direct Clientele and the Public

Outcomes for participants included new knowledge, new skills such as cooking healthy foods, and expressed intentions to adopt additional physical activity and modified eating habits.

Specifically among participants completing a post-conference evaluation of the Diabetes Conference, the vast majority (in almost every case over 90%) of participants indicated that they rated good or excellent their learning of items such as: gaining updated information on childhood obesity trends and treatment in Alabama, learning more about medications impact on blood glucose levels, the importance of health communications in affecting health behavior, how to prevent diabetes food related problems, how to strategize to implement a healthy walking program, how to make and pack healthy lunches, understanding child nutrition guidelines.

See success stories by Susan Wingard, Valerie Conner, Helen Herndon-Jones, Cheryl Vasse, and Jackie Ramsey for further information and photographs.

From one health fair alone, it is estimate that attendees saved among them up to \$185,000 by receiving free and reduced-cost health screening services.

### Fiscal and Human Resources

Excluding NEP and EFNEP, HNDH garnered external resources for projects relevant to diabetes and obesity education totaling more than \$185,000 with an additional \$14,000 in ETP grants.

Publications, exhibits, and equipment and supplies were garnered from a variety of partner/collaborating institutions.

The equivalent of 3 FTEs was contributed specifically to this ETP.

Volunteer involvement included a range of people who helped coordinate events, contribute food and other items, and contribute their knowledge as speakers and facilitators.

### Program Visibility, Exposure, and Future Plans

According to ETP reported data in the ACES Program Reporting System, approximately 2 million Alabamians received information about diabetes, obesity, underlying risk factors such as poor nutrition, insufficient physical activity, and program participation opportunities.

One REA in particular, Cheryl Vasse worked in partnership with a local hospital, to produce with a local television program "Eatwell" Healthy Lifestyle Classes. Most REAs were active in this ETP. Kajuandra Harris Huntley continued development of Alabama in Motion and worked with Cheryl Vasse and the 4-H program to develop Just Move. See success stories by Susan Wingard, Valerie Conner, Helen Herndon-Jones, Cheryl Vasse, and Jackie Ramsey for further information and photographs.

The work of this ETP is being continued into next year, with the substantive work being reported under ETP 21A: Good Nutrition and Physical Activity. Emphasis will be on working as an ETP Team to decide upon common curriculum tools, developing

## **ETP 21H. Metropolitan Health, Nutrition and Wellness**

*DONNIE LOVE COOK from ALABAMA A & M UNIVERSITY on 2007-02-15*

### Program Description:

This ETP addressed education of Alabama's citizens in making positive choices and lifestyle changes to improve their general health and well-being. Primary audiences included people living in the metropolitan inner cities. Educational and hands-on activities are necessary to teach needed lifestyle changes to control and prevention of chronic diseases. Through workshops, seminars, group challenges, demonstrations, knowledge and skills building needed to make wise food selections, to change eating habits, and increase daily physical activities. Special emphasis was focused on current health issues, such as obesity, diabetes, cancer, hypertension, arthritis, and HIV/AIDS.

Priority programs conducted by the Urban Regional Extension Agents (9) in their respective metropolitan counties in 2006 included:

### Diabetes

#### Diabetes Cooking

Cooking schools to promote healthy eating, correct portion sizes, low fat cooking techniques and skills, workshops to illustrate healthy food selection, purchase, preparation, and storage of quality foods. Seminars and health fairs are also used to help educate the public on the signs and symptoms of chronic diseases. During 2006, the UREAs conducted thirty two (32) diabetes cooking schools to enhance lifestyle changes. Each cooking school consisted of a series of four lesson sixty minutes (60 minute) each. An average class size was twelve persons per classes which yielded three hundred eighty four (384) total participants. Simple recipes of foods regularly consumed by the participants were modified to reduce fat, sodium and sweets in their diets. The knowledge gained will help them control their diabetes, cholesterol, and high blood pressure. In addition, participants were encouraged to establish regular physical activity which also aid in controlling chronic illness. Fifteen hundred thirty six direct contacts were made with diabetics, family members, and care givers during the cooking schools. Ninety percent (90%) of the participants successfully completed the classes.

#### Awareness

Diabetes awareness programs and workshops were provided through out the metro areas. Over eight hundred (800) people received hands-on knowledge and skills to better manage their diabetes and reduce the frequency of diabetes complications. Data was collected (pre-test measures) to determine the participants knowledge and activity levels prior to the training and at the conclusion of the training (post-test measures were conducted to determine the participants knowledge and skills after to the training. The UREA's partnered with health care professionals and other Extension agents to provide support in program delivery to ensure current and accurate information was presented.

#### Newsletters

Diabetes Newsletters were distributed to 7,000 peoples in Madison County and 700 hundred diabetic kits and other resource materials were picked up by the public at the Extension Office in Madison County.:

#### Use of Media to promote Diabetes education issues

Educating the public about diabetes is an important factor in the management and treatment of this disease. The Cooperative Extension System in Calhoun County continued to partner with UAB School of Public Health and radio station WHMA 1390 to bring Bodylove (a radio soap) to its listening audience. Weekly topics include glucose monitoring, weight management, symptoms of diabetes, regular doctor visits, healthy eating, physical activity level and the consequences of unregulated diabetes. Positive feed back and behavior change from regular listeners include learning and identifying the warning signs of diabetes, learning to identify foods which elevated blood glucose, learning how dangerous and in many cases how fatal diabetes can be, and the importance of a healthy diet.

In addition to the weekly Bodyloove (radio) episodes other diabetic programs and workshops under Metropolitan Nutrition Health and Wellness included 13 diabetic related workshops and classes with over 294 participants. Behavioral change resulting from classes included learning what a serving is, how to estimate a serving size, and practice portion control. Over 30% of participants reported that they now practice portion control. In addition 85% stated that they will include more fresh fruits and vegetables in their

diet. 20% of participants who attended the Diabetic Cooking School reported that they are now able to alter some of their recipes to make them healthier.

"BODY LOVE" a weekly 30 minute Radio dialogue: discussion of life health issues with emphasis on Diabetes/ Some Extension Agents provide an overview discussion of each session at the end of the programs

Diabetes Support groups held monthly in Madison and Calhoun Counties with > 550 contacts per year  
Cancer

#### Breast Cancer Awareness

Low income and limited resource women do not do a monthly breast self-exam and get mammograms as they should. I conducted a program on Breast Cancer Awareness and taught 106 ladies on the importance of early warning signs and how it can help prolong or even save your life. After a three month follow-up, eighty-five percent of the participants now check their breast every month. Ninety-five percent of them had scheduled a mammogram for the year.

#### Skin Cancer

Skin cancer is a disease that most urban low-income families are still taking for granted, especially people of color. They do not realize that skin cancer is a disease that all people can get no matter what color your skin is.

I presented a program on skin cancer at two local libraries in Tuscumbia and Florence. A total of two hundred and four parents and children attended and participated in these events.

One hundred percent of the parents said they would keep their young children out of the sun between the hours of 10:00 a.m. and 4:00 p.m.

One hundred percent of them would share the information with other family members, friends, church members and others.

Cancer is a disease that scares most people. In the lower socio- economic and African American Community that fear doubles. Medical treatment for many diagnosed cases of cancer for most families is usually the beginning of sleepless nights and stress filled days. Fear, uncertainty and anguish control the lives of patients and families. In Anniston the Cooperative Extension System partnered with the Calhoun County Community Homemakers & Community Leaders to provide sewing workshops to make hats, small under arm pillows and bags for patient who have had breast cancer surgery. In 2006 over 300 cancer tote bags, 87 arm pillows and 150 hats were made for cancer patients. In addition to the sewing workshops 18 cancer education classes were provided to two-hundred (200) participants.

Information provided to class participants included cancer fighting foods which include antioxidants and omega 3 fatty acids. Warning signs of cancer, cancer prevention, breast self exam, mammography and skin cancer. Thirty five percent of participants stated that they were adding more foods to their diets that are strong cancer fighters. Sixty percent of women in program stated that they did practice breast self exam and would encourage friend and relatives to do on a monthly basis. All women were provide with information on free women health screening in this area. All participants reported that they would use this information and pass it on to other women they know who does not have insurance. Twenty five percent of participants reported that they would start using sun screen when they are outside and they also stated that they would monitor the time spent outside in the middle of the day.

#### Nutrition and Wellness

The correlation between poor health problems and lower socio-economics in communities are undeniable. To address many of the nutritional and physical activity needs of citizens in Anniston I provided nutrition and Lifestyle Changes programs in Calhoun County. In 2006 over 25 classes were presented with over 252 participants. Health problems that were addressed included high blood pressure, high cholesterol and physical inactivity. Information provided to participants included healthy food choices, My Pyramid, healthy food preparation, healthy food choices when eating out, using spices and herbs, and physical activity.

Program activities included food demonstrations, exercise programs, walk groups, grocery store tours eating out at restaurant and touring the Farmers market in Atlanta. The Lifestyle Changes program, begin with 45 participants, which included adults, youth and children. This group increased by 50% before ending in June of 2006. Behavioral change for youth included coming to the exercise room and utilizing equipment targeted to strengthen heart and the cardiovascular system. Additional reported behavioral changes included drinking more water and selecting more baked and broiled foods. All participants reported that they felt better after exercising. Youth in this program were given exercise shoes to continue this program after June of 2006. Finally 100% of participants reported that they have a better understanding of My Pyramid.

#### Heart Disease

A series of classes are taught providing heart health awareness covering: reducing risk factors, controlling blood pressure, healthy eating, taking medication as prescribed, preventing heart disease.

#### Healthy Hearts and Cholesterol

Urban and low-income women and senior citizens are really concerned about their hearts. These individuals need to be educated on reading food labels, ingredient substitution and equivalents, modifying recipes, ways to reduce dietary fat and reading nutrition facts worksheets. It was stress to the participants to eat five servings of fruits and vegetables and drink 64 ounces of water per day.

After a five month follow-up over seventy% (70%) of these participants are now reading food labels. They are now using healthy ingredients and eating foods that are lower in fat. A total of Two hundred eighteen participants participated in six classes in Florence, Rogersville, Waterloo and Sheffield in March, October, September, January and May.

#### Meal Planning

Meal planning by the week is a hard thing for low income and limited resource families in the urban communities to get use to. They say the reason they don't do meal planning is because it just take too much time. They might not always have all the food in the house they need for that week, they are concerned about the food staying safe and storing the food is a big concern also.

I presented four programs to one hundred two (102) individuals in Littleville, Leighton, Center Star and Killen in March and October.

After a two month follow-up after this program, eighty percent (80%) of the participants are now making a weekly menu for the family. All of them indicated that they are saving money (approximately \$125.00 to \$175.00) per family per month by planning a menu. They also indicated that they now know how to store the groceries to keep them safe.

#### Eating Out

In today's society more and more people are eating out. Even the low income families cannot eat out as much as other urban families but they probably eat more than they should or can afford. When they eat out they do not eat as healthy as they should. When they eat out they say they always tend to over eat. As a regional Extension agent I saw the need to address these issues in several meetings. I presented a program on eating out to one hundred ten individuals in Florence, Tuscumbia and Cloverdale in March, October and November.

As a result of these programs 85% of the participants are eating healthy. They order grill food instead of fried food. 90% of them stated they stopped over eating because that would cut back on the cost. 100% cut back on eating out all together.

#### Supplements and Medications

Urban low-income and limited resource families have big financial problems with the high cost of medication. They call the urban Extension office to ask how such things as herbs, exercise, and certain foods can help with their diet. I presented four programs. Two programs in Florence and two programs in Sheffield in March. Florence had one hundred thirteen individuals. 25% of the participants learned how to

and are now supplementing some drugs with the approval of their doctors. 70% are using exercise to help control their weight.

#### Arthritis

Three UREAs were trained by the arthritis foundation in the "Pace" exercise course.

Eight groups were taught a series of six lessons. More than 200 participants

#### Exercise and Physical Activities

Getting the urban low-income audience to exercise and do physical activities is sometimes a very difficult task for this audience. I met with the pastor and his missionary staff at a local church in Sheffield to express the need for individuals to participate in these exercise classes. After meeting with his congregation we had a total of seventy-five people to participate in this ten week class. A second group started in Florence with thirty-five participants in attendance. These classes were held February through September.

Obesity is a big problem among this audience which is the main reason we started these classes. The impact that these classes made on these individuals lives is they sleep better at night, are having better and regular bowel movements. Cholesterol dropped 300 points in one and class and 20 points in the other class.

Eight percent of the participants were able to come off their blood pressure medication; they have more energy and a better attitude toward their health.

One individual lost 15 pounds as a result of eating the same food as his wife ate and walking with her.

Four percent (4%) of the participants had a decrease in their blood pressure medication.

#### Eating Healthy

When your family need to eat healthy and are on a low cost food budget it is very hard to make food taste like you want it to taste. Therefore these urban low income and limited resource families need help in preparing food that look good as well as taste good that is low cost.

I presented two programs in Florence and Sheffield to one hundred three (103) urban families on how to prepare a low cost meal that would be healthy and yet taste good.

One hundred percent of the participants are now using the recommendations and recipes that they received and learned from the classes they attended. They are now eating healthy and are feeling better as a result of their new eating habits.

Learning to eat health resulted in one hundred three (103) individuals losing six hundred six (606) pounds in twenty weeks. Blood pressure dropped over 200 points. 100% of the participants changed their eating habits.

#### Serving Sizes/Food Guide Pyramid

Serving sizes and eating in moderation is one of the key factors why urban families can not control their weight. They eat two and three times more than what they should eat at each meal. To teach these families to learn the correct portion sizes I taught three classes in February and September at Florence and Sheffield to one hundred-twenty participants.

A three month follow-up indicated that eighty-five percent of these participants are now eating the correct portion sizes and are feeling better and their children are getting better grades in school. They are physically able to play outside longer. Why? Because they are not carrying around a lot of extra weight. The parents also said fifteen children had lost a total of eighty pounds. Parents also stated it was a hard task to get these children to eat the correct portion sizes but now that they are, they are happy.

#### HIV/AIDS

Community HIV/AIDS prevention education was provided to 575 participants in faith-based settings in

Huntsville, AL. This education was provided through a partnership with Extension workers and Red Cross certified instructors from the Healing Touch Ministry of First Missionary Baptist Church. On AAMU's campus 74 students were tested by the HIV/AIDS .

#### Health Fairs -

Health fairs providing wellness activities, motion centered activities, music, and games for seniors helps stimulate learning and understanding of linkage of health and what you eat. Optimal opportunity for visual learning of healthy foods, healthy eating, healthy food selections, quick and easy method of preparing nutritious foods was provided. Food and fun filled educational activities were used to enhance learning of the sign and symptoms of various chronic diseases.

Health awareness and demonstrated proper hand washing techniques utilizing "GERM CITY".  
Exhibits & Health Fairs

#### D. Fiscal and Human Resources

Nine UREAs and specialists worked 580 days on this Extension Team Project (ETP). These fourteen (14) UREA's and specialists made greater than \_\_\_\_\_ with people in the metro areas with consisted of approximately 30% males and 70% females. Of the total number of contacts 35% were youth between the ages of 9 -16.

#### E. Program Visibility, Exposure and Future Plans

Community outreach project- Metro Knight Relay for Life Team reaching out to support others in the fight against cancer . See Success Stories.

#### Urban Youth Farm Day

Local supporters provided \$5,000 to fund the Urban Youth Farm Day. Mission impossible accomplished with over 500 elementary students, teacher, parents, friends, and volunteers. Urban youth experienced seeing real farm animals and learned how food travels from the farm to the grocery store and to the table at home. This day was packed with educational hands-on activities, food and fun.

#### ***ETP21L. Caregiving Looms Large***

*By JENNIFER ANN WELLS from FCS - FIELD on 2007-02-15*

Informal caregivers of adult family members or friends fulfill an important role not only for those they provide care for, but for society as a whole. While informal caregivers do not receive a fee for service the estimated value of their work has been estimated at 257 billion dollars annually. Caregivers make significant sacrifices for those they caring for which leads to high incidence of caregiver burden. Most caregivers provide anywhere from a few hours to more than forty hours a week caring for a loved one. In a lot of cases the caregiver works 40 hours a week and provides as many as 40 or more hours in caregiving related activities. These activities range from low level stress such as driving to appointments, providing financial support, or picking up prescriptions to very physical activities such as dressing, bathing, feeding and lifting. All of which add to caregiver burnout at some point. The goal of this project is to increase knowledge of caregiving issues, increase awareness of caregiving issues including respite care, increase use of community resources among caregivers and decrease caregiver burden.

Through stakeholder input a 3 year project was created to address the needs of caregivers in Alabama. This project is designed to meet the educational needs of formal and informal caregivers statewide. Informal caregivers, as stated above, are those individuals who provide a valuable service but do not receive a fee for service on the other hand, formal caregivers are those individuals who are part of the allied health field and receive fee for service. Faith based organizations and school nurses were also targeted.

As a result of this project it is hoped that caregiver burden will be diminished in some way by increasing the



knowledge in caregiving issues, such as body mechanics, nutrition for the sick and frail, food safety issues for the compromised immune system, home adaptation, usage of adaptive equipment, stress and time management, respite, and adult development. The research that guides this project is the 2004 Caregiving in the US, a study funded by Met Life and conducted by National Alliance for Caregiving and AARP.

A series of statewide train the trainer caregiving workshops were held for Extension staff. The workshop covered program planning, implementation, evaluation, publicity and partnerships. A total of 40 Regional Extension Agents, Urban Regional Extension Agents and County Extension Coordinators were in attendance. In addition, plans are underway for the revision of the Home Care Companion Manual. A team of 10 professionals ranging from extension educators, researchers, and practitioners have joined together to update the curriculum. The curriculum is scheduled to be published in the Fall 2007. Moreover, two pilot caregiver training classes were held. The caregiver training courses consisted of 5, 3 hours sessions were issues in caregiving were discussed. Participants were both formal and informal. Approximately 107 individuals were trained in 2006. Participants reported they knew more about caregiving issues as a result of the sessions. Lastly, new collaborations were formed as a result of this project. Partnerships between ACES and the United Cerebral Palsy Foundation, The Governors Black Belt Action Commission, Alabama Lifespan Respite Network, Children's Health System, and local community organizations were created to address the caregiving need in Alabama. ACES was the lead in pulling together these various groups.

The project has been promoted in several ways including television interviews, website articles, newspaper articles, public service announcements, and flyers. Information was sent to churches of different denominations, social service organizations, hospitals, hospices, long term care facilities, adult day care facilities, and allied health departments at local colleges. This is a multi state project in that ACES is one of 10 states participating in a grant proposal to CSREES and USDA to fund disaster education material for seniors. ACES is the leader for the educational materials titled " Caregiving During Times of Disaster" . The states involved in this project include: Mississippi, Texas, Louisiana, Georgia, North Carolina, South Carolina, California, Tennessee, and Florida.

The short term benefits of the project were: an increase in awareness of caregiving issues in Alabama and an increase in new stakeholder input/collaborations. The anticipated long term benefit of this project is decrease in caregiver burnout and increase in the quality of care given by the informal caregiver. This project has a 3 year life cycle therefore some benefit and impact may not have been experienced in year one. It is expected that is project will have an impact on the general public. This project is a win-win. The caregiver receives quality training which means the care receiver gets quality care. It improves the quality of life for the caregiver and the family member. Pre and post evaluations were conducted for the two pilot programs and will be used in future caregiving training programs as well. More indebt evaluations and follow ups will be conducted as a basis for program success and adoption of practice.

Through the efforts of 43 Regional Extension Agents, County Extension Coordinators, and Specialists allocating 1633.82 days of work, this project has been successful without special funding. However, grant proposals have been submitted and will continue to be submitted to address the need of caregiving in the state. It is expected that external funding will be obtained in the future and the project will be expanded to all counties in Alabama.

### **ETP21J. Urban Nutrition Education Program**

*By DONNIE LOVE COOK from ALABAMA A & M UNIVERSITY on 2007-02-15*

#### **Program Description:**

The Urban Nutrition Education Program (UNEP) funded by USDA Food Stamp Program and the Alabama Cooperative Extension System, the Urban Affairs and New Nontraditional Program Unit housed at Alabama A&M University addresses nutritional issues through out the state in major metropolitan inter-cities. UNEP target audiences are food stamp recipients, persons eligible for food stamps, seniors adults who attend and participate in the senior nutrition programs and residents of public housing facilities. The nutrition education

classes are conducted by paraprofessional (agent assistants) in public housing areas, after school programs and Food Stamp Offices. Each UNEP group consist of 6 to 16 participants which receive a series of ten (10) nutrition interactive lessons and one or more food demonstrations for both the WEALTH and the Power of Choice curricula. Management and overall coordination of UNEP is provided by Extension specialists and state staff; whereas, field operation through out the state: day-to-day supervision of the program and the paraprofessionals are provided by Urban Regional Extension Agents.

Evaluation Method: The process of evaluating the UNEP involves a three-tier approach designed to measure changes in participants' knowledge, behavior, and attitude. The instruments were developed based on the objectives and content described in the curricula WEALTH and Power of Choice.

#### Actions and Activities Carried Out

The purpose of the Urban Nutrition Education Program (UNEP) is to empower low-income families to make wise food choices by selecting and preparing safe foods and to consume a nutrient rich diet of healthy foods. The nutrition education taught by agent assistant to the target audience in 2006 is based upon the use of two primary curricula: WEALTH (Wise Eating Approaches for a Lifetime of Health) for adults and the Power of Choice for youth. WEALTH was piloted during the first year of program UNEP operated in nine metropolitan counties throughout the state of Alabama that include Calhoun, Houston, Jefferson, Lauderdale, Madison, Mobile, Montgomery, Morgan, and Tuscaloosa Counties.. During 2006, the agent assistants made 31,011 face-to-face contacts and each contact received direct nutrition education training. In addition, the UREA made 6, 101 direct contacts with the same or similar limited resource audiences. UNEP participants made remarkable lifestyle changes in the areas on nutrition, food safety, physical activity and money management. Through pre-, post -, and delayed post assessments from 3,100 participants in the Wealth groups, the following programmatic impacts were noted:

- 35 percent increase in the number of participants who follow the United States Department of Agriculture's MyPyramid recommendations;
- 31 percent of program participants followed the Dietary Guidelines for Americans published by the US Department of Health and Human Services and the US Department of Agriculture;
- 37 percent of program participants increased their consumption of fruits and vegetables;
- 58 percent increase in the number of participants that refrigerate leftovers within two hours;
- 39 percent increase in the number of participants who do some type of physical activity daily;
- 34 percent increase in the number of participants who comparison-shop; and
- 58 percent increase in the number of participants w-ho use a spending plan.

The health benefits of these improvements, if continued, are tremendous. By continuing these changes, participants can reduce the risk of obesity, Type 2 diabetes, osteoporosis, heart disease, and some cancers. Participants who continue to employ proper food handling techniques can reduce the risk of food borne illnesses. If participants are persistent in utilizing the knowledge learned about money management, they can make their food dollars stretch to have adequate food supplies while providing nutritious meals.

UREAs worked with special schools and after school programs, churches, and community groups, exercise tapes and walking programs, workshops, seminars, health fairs, and cooking clubs to provide hands-on activities for whole families to promote lifestyle changes. Local vendors provided donations of food for cooking contest and prizes for winners.

#### Fiscal and Human Resources

Urban Regional Extension Agents, specialists, nutrition educators, county Extension coordinators, and Extension District Directors reported working 1,700 days on this Extension Team Project (ETP). County Extension Coordinators were very supportive of the UREA and the UNEP Team through out the year.

#### Program Visibility, Exposure and Future Plans

Letters of support and appreciation for UNEP were received from through out the state of Alabama. The Urban Nutrition Education Program services are food stamp recipients, persons eligible for food stamps,

seniors adults who attend and participate in the senior nutrition programs and residents of public housing facilities. Each year a renewal proposal is submitted to the USDA Food Stamp Program for funding.

***ETP21L Caregiving Looms Large***


*By DENA L. BARNES from FCS - FIELD on 2007-01-29*

Every Alabama citizen will need a caregiver at some time during their life. Based on current needs, there is a critical shortage of competent and compassionate caregivers. For each 1,000 Alabamians with self-care difficulty, there are only an estimated 58 formal and informal caregivers in the state. The situation will worsen in the next 20 years as baby boomers age.

Statistics show 80% of seniors have at least one chronic health condition and 50% have two. An estimated 3.6% of Alabama's population age 50 and older has disabilities that require assistance with day to day activities. Approximately 65% of older persons requiring long term care rely exclusively on family and friends to provide assistance. These caregivers experience many challenges as they struggle to provide care for a loved one and juggle work and family responsibilities. Many of them do not have anyone to relieve them even temporarily.

To address the emerging issue of respite care, Extension has renewed the Home Care Companion course, which was originally taught 15 years ago. With the older population growing twice as quickly as all other age groups, this course has been implemented in order to teach needed skills to caregivers. In concert with Extension's efforts, there is current legislation in Congress to establish a program to assist family caregivers in accessing high quality respite care. This legislation, if passed, will intensify the need for highly skilled caregivers in Alabama.

During 2006, 33 Extension agents throughout the state attended one of three training sessions on the need for caregiving and the urgency of providing training. These meetings were planned and presented by Regional Extension Agents in Lee, Covington and Morgan Counties in collaboration with the Area Agency on Aging, Auburn University's School of Nursing, Lurlene B. Wallace Community College, Home Health Agencies, AARP and many other organizations. The 15-hour course taught skills in caring for a bedridden patient, handling medications, communicating with patients, vital signs, legal issues, handling stress, food safety and nutrition, adaptive equipment and many others.





**Caregivers learn how to use adaptive equipment**

The three meetings were successful in reaching 92 people throughout the state. Of these, 31 were family caregivers; 18 were formal caregivers; 17 were volunteer caregivers; and 26 were concerned about the future. This effort resulted in the 92 attendees being better equipped to face the many challenges of caregiving. These individuals also indicated they were more knowledgeable about specific skills needed for respite care. As a result of the classes, attendees expressed gratitude for Extension's role in this critical health care deficit.

Extension's Home Care Companion curriculum will be updated during 2007 and should be ready late summer for use in classes. An important addition to the 2007 course will be to train people for jobs in caregiving. However, the need for trained caregivers cannot wait. Courses are being planned for spring 2007 and more will follow. It is estimated that 10 courses will be conducted throughout Alabama during 2007. These courses will train more than 200 caregivers to meet the needs of their family member, friend or client.

Statistics taken from the American Community Survey, the National Family Caregivers Association, Bureau of National Affairs, U.S. Dept. of Health & Human Services and Center for Personal Assistance Services.

***ETP 22-B. Leadership, Citizenship and Communication***

*By CARL ARTHUR HILL III from CES-4H ADMIN on 2007-02-08 for ETP22B*

The future rests in the hands of today's youth. Preparing youth to lead is a key challenge. Young people must develop positive leadership, citizenship, and communication knowledge and skills.

This project consists of 4-H programming in Citizenship, Leadership and Communications. It supports 4-H life skills: Decision Making, Communicating, Serving and Leading, and Managing Self.

The actions that took place in 2006 were open to all Alabama youth ages 9 – 19, with Cloverbuds for youth 5 – 8. These were delivered in multiple ways such as clubs, school enrichment, after-school programs, local, regional, state, and national activities.

Alabama was strongly represented at National 4-H Citizenship and Leadership events. Five youth attended National 4-H Conference, twenty-six attended Citizenship Washington Focus, and twenty-four went to National 4-H Congress.

On-going 4-H Leadership, Citizenship and Communications activities included:

- Service as club officers, members of state council, members of county council.
- Involvement in club, county, district, state or national strategic, programming or event planning. (Mid-Winter, Regional Congress, State Congress, National Congress, National Conference, CWF)
- Mentoring or teaching younger 4-H'ers or other youth.
- Presenting exhibits, demonstrations, speeches, web sites, or other public media presentations at the local, state or national level.
- Promotion of 4-H among other youth or within the community or state.
- Presentations on behalf of 4-H before political bodies, United Way or other supporting agencies.
- Documentation of 4-H leadership activities through Power Point presentations, portfolios, resumes, journals or personal web site.
- Attendance at local, regional, state and national 4-H events and formally sharing their experiences within their community.
- Working with volunteers to identify community needs and developing and carrying out service projects that meet those needs.
- Demonstrating caring and respect for others through their relationships with diverse populations of youth and adults.
- Involving and support the children of National Guard, Reserves, and military whose families are stationed in Alabama.

Success of the project was determined by assessing youth, volunteer and staff perceptions of program impact.

The outcome and impact was the development of youth who are caring, contributing, capable and competent.

11 success stories reported

74 participants

2193.05 Days Reported

Leadership Contact Totals – Rural Youth and Adult Contacts

rnfft rmale rfemale ryouth radult rwhite rblack raian rhisp rapi rother  
2744944 49216 60259 88729 20746 77267 27557 1893 2146 316 296

Leadership Contact Totals – Urban Youth and Adult Contacts

unfft umale ufemale uyouth uadult uwhite ublack uaian uhisp uapi uother  
62302 3548 4434 6869 1113 4413 3262 0 260 26 21

In 2006, youth and adults involved in our Leadership, Citizenship and Communications programming were surveyed on their perceptions of the programming. Youth from 38 counties were surveyed, providing a demographic profile that reflects both Alabama 4-H and Alabama youth.

- 92% of youth surveyed said that their ability to make a presentation had increased or increased greatly because of their involvement in Alabama 4-H communications events and activities.

- 85% of youth surveyed said that their ability to listen carefully to what others say had increased or increased greatly because of their involvement in Alabama 4-H communications events and activities.
- 91% of youth surveyed said that their ability to clearly state their thoughts, feelings, and ideas to others had increased or increased greatly because of their involvement in Alabama 4-H communications events and activities.
- 71% of youth surveyed said that their ability to settle disagreements in ways that are not hurtful had increased or increased greatly because of their involvement in Alabama 4-H communications events and activities.

Adults, including volunteers, parents, and ACES personnel were surveyed. Although there was a significantly greater number of females responding, other variables closely reflected Alabama's demographic profile.

- 93% of adults surveyed said that youths' ability to make a presentation had increased or increased greatly because of their involvement in Alabama 4-H communications events and activities.
- 84% of adults surveyed said that youths' ability to listen carefully to what others say had increased or increased greatly because of their involvement in Alabama 4-H communications events and activities.
- 91% of adults surveyed said that youths' ability to clearly state their thoughts, feelings, and ideas to others had increased or increased greatly because of their involvement in Alabama 4-H communications events and activities.
- 74% of adults surveyed said that youths' ability to settle disagreements in ways that are not hurtful had increased or increased greatly because of their involvement in Alabama 4-H communications events and activities.

#### Communications/Arts and Architecture

Historically, there has been a primary emphasis within 4-H on oral communications alone. Young people communicate in different ways, however. Alabama 4-H has become more aware that art and architecture programming can provide an important means of building young people's communications skills and sense of independence, as well as providing them with an effective medium for mastery. Our surveys also indicate that 4-H Art and Architecture participation is a powerful tool for teaching young people to be creative.

#### Increased Greatly Increased Total

Ability to create something new:

- Youth 61% 36% 97%
- Adult 54% 42% 86%

Use good artistic techniques:

- Youth 64% 29% 93%
- Adult 46% 50% 96%

Make choices about what you like:

- Youth 39% 32% 71%
- Adult 58% 38% 96%

Communicate through words, artwork, pictures or in other ways:

- Youth 36% 43% 79%
- Adult 42% 54% 96%

#### Future Plans

Partnerships – 4-H will continue to develop internal and external partnerships which promote Leadership, Citizenship and Communication.

Web Site – Our highly-successful 4-H web site will be further refined and expanded as a resource for youth development and staff and volunteer information.

New Programming – 4-H will continue to look for new means of responding to the changing needs and interests of Alabama’s young people. This effort will include the development of new events and activities, and will seek to better incorporate technological means of communications.

New Leadership Specialist – With the hiring of a new leadership specialist, 4-H will be able to provide young people with a fuller, better-rounded Leadership and Citizenship program.

**ETP22C. 4-H Family and Consumer Science Education**  
*CARL ARTHUR HILL III from CES-4H ADMIN on 2007-02-09*

Description

4-H Family and Consumer Science (FCS) education helps young people become productive participants in families, communities, and the work force. 4-H education in FCS empowers youth to manage family and work in our increasingly diverse and complex society.

4-H Family and Consumer Science programming encompasses four broad topics: Healthy Lifestyle; Consumer Health; Personal, Family and Community Well-Being; and Career Development. The outcome measures for 4-H FCS programming support the Life Skills: Decision Making, Communicating, Serving and Leading, and Managing Self

The activities that took place during the 2006 4-H year were open to all youth ages 9 – 19, with Cloverbuds for youth 5 – 8. They were delivered in multiple ways such as clubs, school enrichment, after-school programs, local, regional, state, and national activities. These included:

- Foods and Nutrition
- Personal and Environmental Health Issues
- Etiquette
- Childcare
- Family issues
- Community Issues
- Entrepreneurship
- Consumer Education
- Careers

Success was determined by assessing youth, volunteer and staff perceptions of program impact.

ACES Input

5 Success stories have been written

51 ACES personnel reported 1502 days

Contacts

rnfft rmale rfemale ryouth radult rwhite rblack raian rhisp rapi rother  
265744 24530 30805 46323 9012 39109 15378 278 424 90 56

unfft umale ufemale uyouth uadult uwhite ublack uaian uhisp uapi uother  
16262 188 274 370 92 298 157 2 2 0 3

Reported Impact Data on Foods and Nutrition Programming

- 89% of youth surveyed reported that their ability to make healthy food choices had increased or increased greatly because of Alabama 4-H Foods and Nutrition programming.
- 91% of youth surveyed reported that their ability to choose activities that promote physical health and well being choices had increased or increased greatly because of Alabama 4-H Foods and Nutrition programming.

- 82% of youth surveyed reported that their ability to manage stress had increased or increased greatly because of Alabama 4-H Foods and Nutrition programming.
- 93% of youth surveyed reported that their ability avoid risky behaviors had increased or increased greatly because of Alabama 4-H Foods and Nutrition programming.

Adult respondents closely match the youth demographic profile, with females outnumbering males by an 9:1 ratio.

- 84% of adults surveyed reported that youths' ability to make healthy food choices had increased or increased greatly because of Alabama 4-H Foods and Nutrition programming.
- 94% of adults surveyed reported that youths' ability to choose activities that promote physical health and well being choices had increased or increased greatly because of Alabama 4-H Foods and Nutrition programming.
- 86% of adults surveyed reported that youths' ability to manage stress had increased or increased greatly because of Alabama 4-H Foods and Nutrition programming.
- 81% of adults surveyed reported that youths' ability avoid risky behaviors had increased or increased greatly because of Alabama 4-H Foods and Nutrition programming.

#### Future Plans

There are important opportunities arising for the expansion and improvement of Alabama 4-H Family and Consumer Sciences programming. These include:

- The development of an FCS 4-H Club Kit for Consumer Education.
- Refinement and development of the 4-H Web Site as an outreach and information too.
- Continued development of appropriate partnerships.
- Expansion of data-gathering capabilities into other FCS program areas.

#### ***ETP 22E. Youth Development Leadership***

*EDNA T. COLEMAN from ALABAMA A & M UNIVERSITY on 2007-02-15*

#### A. Description

Involving youth in the community remains a primary focus for the Urban Youth Development Program area. In a continuous effort to address unsettling statistics on high school drop out rates according to the 2006 Kids Count Data Book Online, the Urban Affairs and New Nontraditional program unit has identified and engaged in programs that meet the needs of youth by building and enhancing life skill sets. Innovative programs include leadership and community service learning opportunities, effective mentor relationships, and enriching after-school care programs. Research sources further report a bleak picture for teens considering that the lack of education plays a vital role in obtaining gainful employment. As America moves further into the 21st century, when advanced technical knowledge and personal skill sets will be required for most high end jobs, the opportunities for those who have not completed a formal education process will be even more dismal.

Further, the U.S. Department of Health and Human Services Administration for Children and Families division continues to report the need and concern for addressing the growing sense of desperation in the nation's ability to address key problems affecting youth and the rebuilding of communities. Research indicates that community involvement affords various opportunities for youth to develop skills, engage in real and challenging activities while broadening their horizons, particularly when an experiential based learning process is involved.

Effective mentor programs continue to serve as model catalysts for enhancing fragile family structures. The Fame Mentor Program Initiative serves as a training guide for local and state organization desiring assistance in the establishment of programs for specific groups, including teen moms and at-risk youth.

Grant opportunities offered through the Alabama State Department of Education provided substantial resources to conduct state- of- the- art after school care programs, 21st Century Community Learning



Centers, designed to strengthen the academic achievement of qualifying schools, those designated as "A School Needing Improvement according to the No Child Left Behind Act of 2001.

#### B. Actions and Activities carried out:

In-service training for the 2006 program year was offered through the format of a recommended conference, Youth Matters-New Voices Energizing Community Development Conference, Atlanta, Georgia, March 21- 22, 2006, a training forum and recognition program for youth. Additionally, a youth leadership certification training was offered for June 21-23, 2006, held in Seattle, Washington and conducted by the Points of Light Youth Leadership Institute; training for this certification was also made available through a partnership with the Mississippi Commission for Volunteer Service, Jackson, Mississippi held July 19-21, 2006 as an option for more feasible scheduling around summer youth activities.

The Points of Light Youth Leadership Institute certification consisted of curriculum training on a series of 17 teaching modules and 13 experiential exercises designed to take youth through an eight-phase model of problem solving and goal-setting. The curriculum training culminates in a service project, created and implemented by youth participants, and a final graduation ceremony. The Points of Light Youth Leadership curriculum, developed by the Center for Creative Leadership, one of the world's foremost authorities on leadership principles, is a state-of-the-art training module.

In support of the youth leadership and community service learning area, a newly piloted curriculum, L.E.A.P. (Leadership Achievement Education Program), was also made available for program training.

#### C. Results, Impacts and Benefits to Direct Clientele and to the Public

##### Urban Teen Leadership Academy Produces Results (See Success Stories for ETP 22E on 2006-05-22)

Alabama youth in the Mobile and Baldwin county areas are at serious risk for failure in their local school systems due to limited resources and lack of time within the scheduled class periods to receive personal development programs beyond the basic core requirements. The Urban Teen Leadership Academy was created to help bridge this educational gap for the school system. Local UREA, Amanda Outlaw, applied and was selected to receive a \$7500 grant from the Extension System in support of the Academy. This grant provided means for securing supplies and equipment in support of the core educational goals of the school systems. The Academy offers leadership seminars, various educational workshops, and provides an opportunity for youth to participate in community service activities.

Realized goals for the thirty (30) participants of the Leadership Academy consisted of acquiring leadership skills that can be included on employment applications, resumes, and on post secondary education admission applications, and, engaging in enrichment experiences that have significant impact on career and educational pursuits. Educational activities of the Leadership Academy included workshops on healthy relationships and personal etiquette, financial management, community service learning, and, a career college tour to Atlanta, Georgia. Additionally, students were provided an opportunity to attend the First Youth Entrepreneurship Symposium, held in Dothan, Alabama.

The Leadership Academy program resulted in a savings of over \$8000 for the school system, parents and guardians of participants. The savings included transportation cost to college tour, fees for events, facility rental for the culminating event, and equipment and computer technology supplies. The purchase of equipment, including a laptop computer and portable screen, resulted in students learning technology skills outside of the classroom that can be transferred to post secondary classes and used to enhance employment opportunities. This resulted in a savings of over \$9000 in fees for classes if students had pursued training at a local junior college or university. This training will enable students to perform at a higher level in school as well as position them for post secondary pursuits and/ or gainful employment opportunities.

Youth Making a Difference through the Points of Light Youth Leadership Institute (PYLI) in Morgan County (See System Success stories for ETP 22E, 2006-12-21)

The Morgan County PYLI consisted of youth leaders identified and recruited from local middle/high schools to form a diverse group for participation in leadership classes. From July to August, 2006, ten (10) youth participated in the six week leadership institute. The youth identified issues and concerns that they wanted to solve within their community. The project selected to implement was centered on a need for the Alabama Children's Hospital and local hospitals with a pediatric unit.

The group wrote, developed and produced their very own "funny" video with bloopers and commercial scenes to provide cheerful moments for sick children. Copies of the "funny" video were produced and distributed to the Alabama Children's Hospital and local hospitals in the surrounding communities.

The benefits of this and similar projects are to; raise the awareness of youth as a resource for community problem-solving; preparing youth to take on more meaningful roles in community problem-solving; and, to develop the capacity of individuals, organizations and institutions to provide meaningful service and leadership opportunities for youth.

#### S.P.A.C.E. Service Learning EXPO

Collaboration between Ramsey High School of Birmingham, the Alabama Cooperative Extension System, and the United Way of Central Alabama achieved the following results through community service learning activities;

Helped students realize the importance of giving back to their communities; armed students with knowledge of possible service career options; and, provided students with support for future career endeavors, such as college scholarships, job readiness and leadership development opportunities.

The Ramsey school counselor indicated that college scholarship offers had doubled since the students had become involved in community service learning activities. Over three (300) hundred students indicated that volunteerism had greatly impacted their choice in college majors and their decision to pursue service careers.

Six hundred fifty seven (657) students participated in the S.P.A.C.E. Service Learning EXPO with a total of one hundred (100) volunteers managing the preparation and implementation of the event. As a result of the EXPO, a total of three hundred forty seven (347) students actually signed with local participating agencies to serve as community volunteers, resulting in a cumulative total of forty thousand (40,000) hours of service. Local volunteer agencies (over 50) were represented in the areas of tutorial assistance, health care, performing arts, elder care, animal care, tour guides, storytelling, clerical assistance and many more. Mentoring for Teen Moms

The Madison County Family Life Center continues to lead the way in providing meaningful and educational mentoring programs for teenage parents. The Family Life Center conducted a teen mom program with the Huntsville City School System Technical Center to include the participation of sixteen teens. The goal of the program is to engage teen mothers in educational activities that will enhance their parenting skills, promote self-awareness, and provide strategies for attaining personal and academic goals. More specific classes are provided to educate in the areas of child abuse and neglect, awareness of sexually transmitted diseases, and pregnancy protection. As a result of this institutional programming, this group has had no repeat pregnancies to date.

#### The Helping Hand Extended Day Program

The Helping Hand Community Learning Center (HHCLC) continues to show outstanding accomplishments in the youth enrolled in this stellar after school care program designed to strengthen the academic achievement of the students who attend Central Elementary School. The HHCLC was in operation for a total of two hundred five (205) days during 2006 at Central Primary School which included kindergarten, first and second grades, with an average daily attendance of sixty five (65) children. The total number of contacts for these combined programs was 11,340.

As a result of the extended day program, 84% of the participants showed an increase in grade level for math and a 74% increase in reading grade levels. This increase in math and reading levels was one of the primary reasons that Central Primary School was removed from the State Department of Education's list of "Schools In Need of Improvement".

#### d. Fiscal and Human Resources

County reports indicate that Urea's and Reaps established numerous collaborative partnerships to address local and community needs and to provide educational programs and resources. Partnerships included local school systems, Health and Volunteer agencies, Public Housing agencies, senior citizen facilities, Park and Recreation boards, and the Alabama State Department of Education. These partnerships provided support in monetary donations to defray costs of youth program fees, transportation, various in-kind services; facility space, resource speakers, educational materials, and donations of numerous volunteer service hours. Grants from the programs referenced in this report total \$132,000.

#### E. Program Visibility, Exposure and Future Plans

The Urban Youth Program area utilized various marketing strategies to feature program accomplishments and educational opportunities, including videotapes of programs, brochures, and television and radio media formats. Additionally, program accomplishments and events were provided for statewide county commissioners and stakeholders for funding consideration.

#### ***ETP 22T. Just Move Alabama***

*MARY HULTQUIST GREGG from CES-4H ADMIN on 2007-02-08*

It is widely recognized that inactivity and poor nutritional choices have had a tremendous impact on the physical and emotional health of America's youth. In response to these twin needs and the companion issue of "body image," Alabama 4-H has developed a research-based program of fitness and nutrition. Just Move Alabama! includes simple fitness activities and nutritional education that is designed to be easy and inexpensive to replicate, easy to facilitate, and structured to provide maximum impact. Most importantly, however, it is fun – for the kids and for the adults who provide the program and participate in it. "Slip into something comfortable" – like your stocking feet or tennis shoes and a pair of pants – and be ready to Just Move!

#### Program Content

Just Move Alabama! focuses on three healthy lifestyle principles: increasing physical activity of youth; teaching youth to make healthier nutritional choices; and teaching youth to appreciate and value all body types. Program design and content were developed in partnership between the Alabama Cooperative Extension System and Auburn University's Department of Health and Human Performance.

#### Program activities include:

- Just Move Alabama! Activity Card Deck: 60 cards feature a 10-minute physical activity and a youth friendly, nutritious recipe. Cards provide fun facts and information on diet, nutrition, health, food safety and youth interests. These cards are a great resource for a youth or adult activity leader to get youth moving. Since adults also enjoy these activities, these are sometimes used with adult audiences.
- Three Just Move Alabama! Club Kits also support the program: Jumping for Health; Frisbee, Fun and Food; and Volley, Vitals and Vittles. Each kit has materials and lesson plans to teach the identified "recreational activity." Lessons on nutrition, food safety, and body image are included. Faculty from Auburn University wrote included instructions on modifying the activities so that they are accessible to youth with special needs. All three leaders' guide are available as downloads at [www.alabama4-h.org](http://www.alabama4-h.org).

The program is also supported by a Just Move Alabama! table-top display. The displays are used during educational and community activities and as a teaching tool. The Physical Activity Pyramid may also be

downloaded.

#### Delivery Methods

Just Move Alabama! materials may be used with all youth. It may be delivered in multiple ways such as clubs, school enrichment, and after-school programs. Because its multi-generational appeal, Just Move Alabama! is appropriate for a wide-array of audiences. It has been successfully delivered to both developmentally and physically-challenged youth.

Because of our successful outreach, Just Move Alabama! has been adopted by individual schools and school systems; youth organizations; Blue Cross/Blue Shield; the Alabama Department of Public Health; the State of Alabama's Youth Obesity Task Force; the Alabama State Association for Health, Physical Education, Recreation and Dance.

#### Targeted Participants

The primary target audience is 4-H and Cloverbud age youth. The secondary audience is adults. Program design modifications allow Just Move Alabama! to be directed toward youth (or adults) with special needs.

#### Program Outcomes

Success has been determined by assessing youth, volunteer and staff perceptions of program impact.

The outcome and impact of Just Move Alabama! is the development of physically and emotionally healthy youth.

#### Research Base

Every aspect was developed to respond to issues raised by current research on Alabama's youth and youth in general:

- Nationally, Alabama ranks Number 6 in overweight students and Number 1 in overweight or obese adults;
- Only 4 out of every 5 Alabama students get moderate physical activity and;
- All youth need sixty total minutes of physical activity just about every day!

Research suggests that the current generation of Alabamians may be the first to outlive their children. Causes of this trend are poor diets and lack of exercise. An array of health problems, ranging from circulatory, cardio-vascular illness and diabetes to depression are connected to these two conditions.

#### Sources

"Youth Risk and Behavior Surveillance US, 2005" CDC Morbidity and Mortality Report. June 9, 2006/ Vol.55/No.55-5

"F as in Fat: How Obesity Policies are Failing America," Trust for America's Health, Oct. 20, 2004. Georges Benjamin, MD, American Public Health Association.

#### Program Evaluation

Just Move Alabama! was introduced in January 2006. The data indicates that we are achieving our targeted outcomes. Our successful pilot of the Just Move Activity Card Deck led to revisions. Over 8,000 youth from 36 counties participated in the pilot. 532 youth and 232 adults provided data on program outcomes.

- 81% - youth: ability to make healthier choices has increased/increased greatly
- 100% - adults: perceived positive youth choices
  
- 79% - youth: ability to be more active increased/increased greatly
- 100% - adults: perceived positive youth ability
  
- 72% - youth: choose healthy foods had increased/increased greatly
- 100% - adults: perceived positive youth choices
  
- 62% - youth: ability to avoid risky behaviors increased/increased greatly

- 86% - adults: perceived positive youth ability
- 77% - youth: increased/increased greatly ability to accept body shapes and sizes
- 94% - adults perceived positive youth ability

During the 2006 year, 63 ACES employees signed up for ETP22T and reported 842 days. Sixteen success stories were written.

Rural and Urban Face to Face Contacts are listed below.

rnftf rmale rfemale ryouth radult rwhite rblack raian rhisp rapi rother  
80405 15648 18961 31201 3408 26479 7430 54 464 28 154

unfft umale ufemale uyouth uadult uwhite ublack uaian uhisp uapi uother  
36050 1954 2455 3903 506 1303 2858 1 217 24 6

Funding sources are being investigated to develop and expand the program. A proposal has been submitted to present the program at the National 4-H Agents Association meeting in the fall of 2007. The card deck is in production and should be ready for internal and external clientele by spring.

## ALLOCATION OF FISCAL AND HUMAN RESOURCES

The following represents a composite allocation of fiscal and human resources for the Alabama Cooperative Extension System (Alabama A&M University and Auburn University only). In most cases this data has not changed significantly since the development of the AREERA Plan of Work. These numbers include both AAMU and AU fiscal resources from all sources. The FTE's exclude secretarial, clerical and other non-academic positions; they also do not include FTE's allocated to administration or program support.

<u>PROGRAM AREA</u>	<u>2006 ALLOCATION</u>	<u>FTEs</u>
4-H & Youth Development	\$ 5,528,650	74.28
Agriculture	\$ 7,324,506	98.40
Community & Environmental Development	\$ 1,384,022	18.59
Family and Community Programs	\$ 4,766,167	64.03
Urban Affairs & New Nontraditional Programs	\$ 2,673,056	35.91
Forestry and Natural Resources	\$ 1,333,212	17.91
ACENEP	\$ 2,060,691	75.31
<b>TOTAL</b>	<b>\$25,070,303</b>	<b>384.44</b>

# STAKEHOLDER INPUT

## **Stakeholder Input**

Stakeholder input is vital to the program development process of the Alabama Cooperative Extension System. The System seeks stakeholder input from multiple levels and uses a variety of proven methods for getting stakeholder input. These include roundtables, focus groups, mail surveys, internet-based surveys, and face-to-face meetings. Input is sought from traditional clientele as well as new and non-traditional clientele. The Alabama Cooperative Extension System has a court-ordered mandate to serve new and non-traditional clientele and has an Associate Director level position with responsibility for ensuring that our programs reach urban audiences as well as new and non-traditional clientele

Each of the county Extension offices has a county-level Extension Advisory Council that provides grass-roots county-level stakeholder input. These county-level councils are required to meet at least twice annually. Each regional extension agent is expected to develop and implement a regional stakeholder input process. This can be in the form of a face-to-face meeting with stakeholders or through some other method such as a survey. At the next level, each of our statewide priority program teams is required to implement a statewide stakeholder input mechanism specific for that priority program area (i.e., agronomic row crops, animal sciences, 4-H/youth development, etc.). Each of the colleges and schools which house Extension-funded faculty also have advisory boards either specific to Extension or with sub-committees for Extension.

In addition to the advisory groups described above, the System also conducts formal listening sessions at various locations around the state on a periodic basis. The most recent of these were conducted in 2005. About every 10 years a formal survey of the general public and of specific targeted clientele is administered to determine their knowledge of and general level of satisfaction with programs delivered by the Alabama Cooperative Extension System.

System programs are planned by 13 different priority program teams<sup>2</sup>. These teams include county agents, county extension coordinators, regional extension agents and state extension specialists. The teams receive input from the various levels of membership (county, regional, and state) based on the input from the advisory groups at each level. The teams are responsible for doing the strategic planning and operational program planning for their specific subject-matter area based on the input received from all levels and the research being generated from the two universities involved (Alabama A & M university and Auburn University), as well as from other land-grant universities and reputable sources. The System programming goal is to have an appropriate balance between programming designed to be reactive to the needs identified by the stakeholders and the proactive programming based on new research finding that have potential for improving the quality of life for Alabama residents. Historically the balance of proactive to reactive programming has been approximately 74% proactive programming through Extension Team projects and 26% reactive

programming. The System also collects data on the subject-matter areas for which it receives the most requests for information and this data is used to drive staffing decisions.

### **County Advisory Council System**

The success of the Alabama Cooperative Extension System depends upon the systematic involvement of local people in all counties. The advisory council serves to identify priority needs; assists in developing, carrying out, and evaluating educational programs; works to secure adequate financial support; and ensures that the program is meeting the needs of and is available to all county residents.

At the local level the County Extension Council is the primary advisory group. Membership should represent all segments of the population, with consideration given to geographical location, program area of emphasis, race, national origin, sex, religion, age, disability, and social and economic status. Other Extension-related organizations and councils that advise on specific aspects of the program are 4-H Councils, Home Economics Councils, Homemaker Councils, Agricultural Development Councils and Rural and Economic Development Committees. These program advisory councils, as well as program planning and implementation committees, should represent all segments of the population. Members of county extension advisory councils are selected by the County Extension Coordinators with input from the county staff. Data is collected on the membership of the county extension advisory councils each year to ensure these groups are diverse and represent the broad interest of the county. Each Regional Extension Agent is responsible for selecting members to serve on their subject-matter specific advisory board. Data is collected on these advisory groups as well to ensure they are diverse. Members of the REA advisory group are to be individuals who are recognized as local/regional leaders within their respective subject-matter area. The advisory groups for the statewide priority program areas/teams are most often commodity groups that operate at a statewide level such as the Alabama Cattlemen's Association, etc. The listening sessions that are conducted on a periodic basis are well advertised through the public media and are open to any and everyone who wishes to attend. The members of the college and school advisory boards are selected and appointed by the respective deans with the advice of the faculty.



## PROGRAM REVIEW PROCESS

The program review process for the programs contained in the Alabama Cooperative Extension ARRERA Plan of Work remains essentially unchanged. Alabama continues to employ program priority area teams as a primary mechanism for program review. In Fiscal Year 2000, program priority area review team members continued the process of evaluation of the content and relevancy of Extension programs. Each team engaged a through reexamination of the Extension Team Projects associated with each of the six priority area goals. This review generated the elimination of several Extension Team Projects while others were refined / combined for greater clarity and programmatic impact, and additional projects were added.

The process of continual review and assessment of Alabama Cooperative Extension programs has also resulted in a major restructuring of the program planning, implementation, reporting evaluation and accountability processes. Modifications to the program planning and development processes began in calendar year 2001; the implementation, reporting, evaluation and accountability components will begin in January 2002. The following bullets explain the key elements of the process.

1. Programs will be based on goals and objectives as defined and established in our 1998-2001 long-range plan of work that is posted on-line on the ACES Website.
2. Programs will be organized under a two-tiered system. The first tier consists of 20 to 40 "statewide major programs" (SMPs). These are the more generalized areas in which we focus our efforts. The second tier consists of 1 to 5 more specific "Extension team projects" (ETPs) under most SMPs. The ETPs are those areas within each SMP on which we are going to focus our evaluations and ultimately our measurable benefits to society.
3. We recognize that not all that we do will result in measurable impacts. Therefore, our overall target is to devote approximate one half of our total System efforts (FTEs) to Extension team projects and the other half to more general educational efforts under the respective state major program areas.
4. Accountability for the work (FTEs) that is not part of a specific Extension team project will be through annual unit narrative accomplishment reports. These annual accomplishment reports will be done at the county-level, district-level, departmental-level and ultimately at the state program leader level.
5. Information for the respective unit accomplishment reports will come primarily the individual employee performance appraisal process and documentation.

The document explaining the new ACES program planning, reporting, evaluation and accountability process (i.e. the SMP/ETP process for 2002) is now online at:  
[http://www.aces.edu/department/acesadm/plan/ACES\\_program\\_planning.htm](http://www.aces.edu/department/acesadm/plan/ACES_program_planning.htm)

INTEGRATED RESEARCH & EXTENSION ACTIVITIES  
AND  
MULTISTATE EXTENSION ACTIVITIES  
*(Auburn University)*

The Guidance from CSREES references Sections 105 and 204 of AREERA. Those sections, respectively, amended the Smith-Lever Act by requiring institutions receiving extension formula funds under sections 3(b) and (c) to expend a defined percentage of said funds for Multistate Activities and for Integrated Research and Extension Activities. This section of the Annual Report of Accomplishments and Results will specifically address these requirements.

The Alabama Cooperative Extension System and the Tuskegee University Cooperative Extension Program are aware that the requirement to document Multistate Activities and Integrated Research and Extension Activities applies to both 1862 and 1890 institutions. However, given that AREERA does not require recipients of federal funds that derive from sections 1444 and 1445 of the National Agricultural Research, Extension, and Teaching Policy Act of 1977 to adhere to the formula provisions, the following applies primarily to Smith-Lever 3(b) and (c) funds. The Alabama AREERA Plan of Work does note planned Multistate Activities and Integrated Research and Extension Activities funded from sections 1444 and 1445 of the National Agricultural Research, Extension, and Teaching Policy Act of 1977.

'Option C' was selected in the Alabama Cooperative Extension System Multistate Activities and Integrated Research and Extension Activities Plan. The Fiscal Year 2001 target for Multistate and Integrated Research and Extension Activities supported by Smith-Lever 3 (b) and (c) funds was initially set at 9.8% (\$638,492.00). However, the Alabama Cooperative Extension System requested and was granted (by the CSREES Administrator) a revised, higher, target of 17.5 percent. 17.5 percent is the target for the remainder of the planning and reporting cycle.

In spite of fiscal shortfalls some increase in the total dollar amount of Smith-Lever 3 (b) and (c) funds expended on Multistate and Integrated Research and Extension Activities has been realized. System expenditures for Multistate Extension Activities / Integrated Research and Extension Activities in FY 2006 were \$1,129,448.00. This translates to 18.26 % of Smith-Lever 3 (b) and (c) funds, exceeding the target by 0.76%.

***(NOTE: As required by Section 105 and 204 of AREERA the following form CSREES-REPT (2/00) has been sent in hard copy format to Bart Hewitt.)***



Below is the SUMMARY OF INTEGRATED RESEARCH & EXTENSION AND MULTISTATE ACTIVITIES FOR FY 2006 WITHIN THE ALABAMA COOPERATIVE EXTENSION SYSTEM, as contained in the Alabama Multistate Activities and Integrated Research and Extension Activities Plan. The Summary provides a description of the Multistate Activities and Integrated Research and Extension Activities supported by Smith-Lever 3(b) and (c) funds. The document is divided into the following sections: Agronomic Crops, Animal Sciences and Forages, Forestry Wildlife & Natural Resources, Farm Management and Agricultural Enterprise Analysis, Community Development, 4-H and Youth Development, Family and Child Development, Human Nutrition, Diet and Health, Poultry, Home Grounds, Gardens and Home Pests, Consumer Science and Personal Financial Management, 4-H and Youth Development, Community Resource Development, and Consumer Science and Personal Financial Management.

***NOTE: Consistent with the Final Guidance issued by CSREES, the portion of the Smith-Lever 3 (b) and (c) funds that are used by the Alabama Cooperative Extension System for Integrated Research and Extension Activities are also employed to satisfy the Multistate Activities requirement. Therefore, the summary below is for BOTH!***

***CSREES continues to cite excessive length as an issue that states should address. Therefore, In the interest of brevity and consistent with the most recent report preparation instructions summary information is provided by major disciplinary areas.***

**SUMMARY OF INTEGRATED RESEARCH & EXTENSION ACTIVITIES AND  
MULTISTATE EXTENSION ACTIVITIES FOR FY 2006  
THE ALABAMA COOPERATIVE EXTENSION SYSTEM**

2006

**Multistate Extension Activities / Integrated Research and Extension  
Activities**

**Agronomic Crops**

The objective of this program area is to teach agricultural producers how to apply research-generated information and knowledge to facilitate sustainable field crop production based on best management practices that are environmentally safe. The subject areas covered in this area of specialization include soils and fertility, land preparation, tillage systems and equipment, irrigation systems, variety and cultivar selection, harvesting and handling, pest management (to include insects, weeds, nematodes, and diseases, as well as integrated pest management), farm safety,

biotechnology, best management practices and regulatory practices for all agronomic field crops.

### **Animal Sciences and Forages**

The objective of this program area is to teach animal producers and owners how to apply research-generated information and knowledge to facilitate animal production and management systems based on best management practices that are environmentally safe and promote commonly accepted animal welfare standards. The subject areas covered in this area of specialization include genetics, reproduction, nutrition (to include forage production), disease and health issues (to include parasites and insect control), economics (to include BCIA and DHIA), and all types of regulatory issues. This area of specialization includes both commercial production of food animals (beef, dairy, swine, poultry, sheep, goats, ratites, rabbits, etc.) and non-commercial management of companion and pet animals (horses, dogs, etc.).

### **Forestry Wildlife & Natural Resources**

The objective of this program area is to teach private landowners and the general public how to apply research-generated information, and knowledge to enhance and improve their forestry, wildlife and natural resources production and management systems based on best management practices that are environmentally safe and sustainable. The subject areas covered in this area of specialization include forestry, urban forestry, silviculture, land management, wildlife management, forest resource economics, agroforestry, environmental issues, water issues, endangered species, invasive plant issues, conflict management/resolution, rural/urban interfaces, public policy and all types of regulatory issues. This area of specialization also includes education programs for commercial loggers, as well as the Treasure Forest Program, the Master Wildlife Manager Program, the Sustainable Forestry Initiative, the Urban and Community Forestry Partnership, the urban program on Human Dimensions of Urban Forestry, the Urban Environmental and Water Quality program, and numerous other forestry, wildlife and natural resources programs.

### **Farm Management and Agricultural Enterprise Analysis**

The objective of this program area is to teach private farm owners and managers how to apply research-generated information and knowledge to better manage their farms and agri-businesses. The subject areas covered in this area of specialization include farm/business management principles, financial management (to include income statements, balance sheets, and cash flow analysis), risk management, marketing risk management (to include commodity marketing, supply and demand factors, hedging and futures trading, and marketing tools), production risk management (to include crop insurance, use of technology, land leasing, etc.), managing human resources, estate planning, farm liability, legal issues, and debt management. One of the primary focuses of this program is working with the farm analysis associations and the regional Agents working in this area may also serve as fieldmen for the farm analysis associations.

### **Community Development**

The objective of this program area is to improve the long-term well-being of communities. The program provides research-based and experience-based education and facilitation for community groups. This area of specialization is also part of the Leadership and Volunteer Development and the Workforce Preparation national base program areas as well as the Urban Workforce Development program and the Urban Community and Economic Development Fundraising Management program. Team members will be involved in educational programs in the areas of leadership, economic development, early childhood and adolescent development and several other related areas.

#### **4-H and Youth Development**

The objective of this program area is to create supportive environments in which culturally diverse youth can reach their fullest potential and develop into productive and contributing members of society. A major focus of the 4-H and Youth Development program is to recruit, train, and manage adult leaders to work with out-of-school and community 4-H clubs and special events. Team members may be involved in school-based educational and enrichment programs using national and state approved educational curricula in Citizenship and Civic Education, Communications and Expressive Arts, Consumer and Family Sciences, Environmental Education and Earth Sciences, Healthy Lifestyle Education, Personal Development and Leadership, Plants and Animals, and Science and Technology.

#### **Family and Child Development**

The objective of this program area is to strengthen families by teaching all family members, but especially parents, how to apply research-generated information and knowledge to improve the quality of their lives and family relationships. This area of specialization also includes the [Extension Cares ... for America's Children and Youth](#) national program initiative and the Urban Family Development program. Team members will also be involved in educational programs in the areas of early childhood and adolescent development, parent education and parenting skills, divorce related family issues, child care provider training, and several other related areas.

#### **Human Nutrition, Diet and Health**

The objective of this program area is to teach people how to apply research-generated information and knowledge to ensure healthy lifestyles based on sound nutritional information and proper exercise. This area of specialization also includes the [Healthy People...Healthy Communities](#) national initiative and the Metropolitan Health and Nutrition program. Team members may also be involved in specially funded educational programs in the areas of nutrition (to include both the special federally-funded Expanded Food and Nutrition Education Program and the grant-funded Nutrition Education Program for food stamp recipients), and all areas of health (to include diabetes, obesity, and cancer).

#### **Poultry**

The objective of this program area is to teach poultry producers how to apply research-generated information and knowledge to facilitate poultry production and management

systems based on best management practices that are environmentally safe and promote commonly accepted animal welfare and environmental protection standards. The subject areas covered in this area of specialization include genetics, reproduction, nutrition, disease and health issues (to include parasites and insect control), poultry facilities, waste management, and all types of regulatory issues.

### **Home Grounds, Gardens and Home Pests**

The objective of this program area is to teach private homeowners and gardeners how to apply research-generated information and knowledge to resolve problems that they encounter in their homes, lawns and gardens, not only to improve their individual enjoyment of the immediate environment in which they live, but also to provide a safe environment for everyone through the wise and correct use of fertilizers, insecticides, herbicides and other chemicals. The subject areas covered in this area of specialization include soils and fertility, irrigation systems, variety and cultivar selection, harvesting and handling, pest management (to include insects, weeds, nematodes, and diseases, as well as integrated pest management). Team members may also be involved in educational programs in the areas of non-commercial fruit, nut and vegetable production, ornamental horticulture, landscape plant production, turf production, water quality and waste management. The primary educational programs that these Agents are responsible for are the Master Gardener program and the Urban Horticulture program.

### **Consumer Science and Personal Financial Management**

The objective of this program area is to teach adults how to manage their financial resources wisely and to make wise consumer decisions regarding purchases, debt management, investments, and estate management. Team members will be involved in educational programs in the areas of Individual and Family Financial Management Programs, as well as progress addressing estate planning and legal matters such as the urban Legal-ease program and urban programs on increasing access to and use of technology.

### **4-H and Youth Development**

The objective of this program area is to create supportive environments in which culturally diverse youth can reach their fullest potential and develop into productive and contributing members of society. A major focus of the 4-H and Youth Development program is to recruit, train, and manage adult leaders to work with out-of-school and community 4-H clubs and special events. Team members may be involved in school-based educational and enrichment programs using national and state approved educational curricula in Citizenship and Civic Education, Communications and Expressive Arts, Consumer and Family Sciences, Environmental Education and Earth Sciences, Healthy Lifestyle Education, Personal Development and Leadership, Plants and Animals, and Science and Technology.

### **Community Resource Development**



The objective of this program area is to improve the long-term well-being of communities. The program provides research-based and experience-based education and facilitation for community groups. This area of specialization is also part of the Leadership and Volunteer Development and the Workforce Preparation national base program areas as well as the Urban Workforce Development program and the Urban Community and Economic Development Fundraising Management program. Team members will be involved in educational programs in the areas of leadership, economic development, early childhood and adolescent development and several other related areas.

**Consumer Science and Personal Financial Management**

The objective of this program area is to teach adults how to manage their financial resources wisely and to make wise consumer decisions regarding purchases, debt management, investments, and estate management. Team members will be involved in educational programs in the areas of Individual and Family Financial Management Programs, as well as progress addressing estate planning and legal matters such as the urban Legal-ease program and urban programs on increasing access to and use of technology.

**TUSKEGEE UNIVERSITY  
COOPERATIVE EXTENSION PROGRAM  
ANNUAL REPORT, 2006**

**EXECUTIVE SUMMARY**

The philosophy and practices of “reaching the unreached and serving the people left behind” have been the focus and heart of the Cooperative Extension Program at Tuskegee University for more than 126 years. The mission of the Tuskegee University Cooperative Extension Program (TUCEP) **is to help educate and provide research-based educational programs designed for life-long learning and to assist limited resource families, both urban and rural and other groups and organizations, to improve their quality of life in a technological global society.**

TUCEP focuses its major efforts in 12 Black Belt Counties of Alabama. Historically, the Black Belt of Alabama is known for being the distressed area of the State with a high proportion of African Americans living in the area. The Black Belt is predominantly rural, except Montgomery County where the State's capital is located. Persistent poverty, low employment, low incomes, low educational levels, poor health, high infant mortality rates, and dependence on welfare are characteristics of this area.

TUCEP's Plan of Work provides a variety of educational programs in the areas of agriculture, natural resources, community and rural economic development, youth development, entrepreneurship, nutrition education, food safety, health education, and other related areas of human services to address the needs and priorities of the people served at the local and state levels.

In addressing the five national goals: (a) an agricultural system that is highly competitive in the global economy, (b) a safe and secure food and fiber system, (c) a healthy, well-nourished population, (d) greater harmony between agriculture and the environment, and (e) an enhanced economic opportunity and quality of life for Americans, in 2006, TUCEP implemented six Extension Team Projects (ETPs). The ETPs were: (a) Alabama Entrepreneurial Initiative (AEI): a strategy for workforce development, (b) assisting small-scale farmers and landowners to manage change in agriculture, (c) enhancing citizen's capacity to transform communities, (d) integrated natural resources and environmental education, (e) promoting healthy behavior, and (f) promoting healthy living environments for underserved and hard to reach audiences. As a cooperating partner in carrying out a comprehensive statewide Cooperative Extension Program Plan of Work, Extension Team Projects constituted only a portion of the work done in Cooperative Extension at Tuskegee University. Specialists and agents contributed a significant amount of their time to the work unique to the counties in which they serve, and this service was not a part of the predefined, statewide ETPs.

TUCEP was also affiliated with three other specific projects. These were the Small Farmer Outreach Training and Technical Assistance Project, Project EXPORT (Excellence in Partnership for Community Outreach, Research and Health Disparities

and Training), and the Tuskegee-Macon County Commission Development Corporation (TUS-MAC CDC). These projects are expected to improve the quality of life for our clientele.

Cooperative Extension subject matter personnel, as well as support personnel, participated in professional development activities through Tuskegee University's Continuing Education Program and the System's Training and Development Schedule of Courses, where possible and as needed. Extension personnel participated in the following educational activities: (a) Office Administration, (b) Reality Stress Management, (c) Ethics in the Workplace, (d) Successful Grant Writing, and (e) Workplace Harassment Issues: Practical Guidance for Identifying, Preventing, and Eliminating Workplace Harassment.

It is mandatory for Extension specialists, agents, and support personnel to attend the TUCEP Quarterly Conferences. Four quarterly conferences were held in 2006. The specific objectives of the conferences were to: (a) review the strategic plan and action items in the Plan of Work, (b) identify new program challenges and opportunities, (c) provide needed in-service training, and (d) review pertinent issues relative to EEO and Affirmative Action affecting Extension personnel and program. Program issues such as the Civil Rights Program Compliance Review and the application of the Logic Model Concept in Extension occupied much of the quarterly conference agenda.

TUCEP was also involved in three major conferences on Tuskegee University campus. These are subsequently and briefly described. The 114<sup>th</sup> Annual Farmers' Conference was held February 23-24, 2006. The theme was, *"Small Rural Farms: Developing Partnerships with Local, National and Global Markets."* The 64<sup>th</sup> Annual Professional Agricultural Workers' Conference was held December 3-5, 2006. The theme was, *"Meeting the Challenges to Sustainable growth and Development of Rural Communities."* The 11<sup>th</sup> Annual Booker T. Washington Economic Development Summit was held October 4-6, 2006. The theme was, *"Growing Small Business and Asset-Building Partnerships for the New South."*

On the whole, the year 2006 was a good year for us. TUCEP will continue to strive to provide the best programs for our clients in the State. It is our belief that with continued support from our partners, including the USDA and State, 2007 will be an even better year for our clients and us.

## **PROGRAM REPORT OF ACCOMPLISHMENTS, RESULTS AND IMPACTS**

**Goal 1:** *An agricultural system that is highly competitive in the global economy. Through research and education, empower the agricultural system with knowledge that will improve the competitiveness in domestic production, processing, and marketing.*

**Extension Team Project 16c:** *Assisting small-scale farmers and landowners to manage change in agriculture.*

**Overview:** The objective of this ETP is to increase profitability and sustainability for small-scale farmers and landowners who continue to face production, financial, and marketing challenges due to the size of their operations as well as other historical and environmental factors. It addresses the issues of small-scale farmers and landowners, including strategies for their survival, the challenge in organizing and maintaining small-scale farms, new marketing opportunities, new technology, growing concern relative to the use of chemicals, preservation methods, and food safety.

The impact of informed decisions on farms in general and small-scale farms in particular, makes it imperative for owners of these rural enterprises to understand the basic nature of changes in agriculture and the economic environment. Also, it is important to understand and be able to use tools, strategies, and techniques that are more applicable to this group of farmers in order to increase profitability and sustainability, while reducing related risks. The ETP focuses on farm strategies and techniques, management, and marketing, particularly in regards to adaptability and adoption for small farmers and landowners primarily in South Central Alabama.

## **Description of Planned Program by Key Themes**

### **Dallas/Perry Counties**

#### **Key Theme – Vegetable Production**

a. **Activities** – Small and large-scale vegetable production is a major source of income for many limited resource farm families. However, most of these producers encounter several production problems in their efforts to produce quality crops. The most significant of these production problems are: inadequate water for crops, weeds, insects, disease, record keeping, and marketing. Many of the producers market their produce by retailing through direct markets, such as farmers markets, roadside stands, and peddling. Sometimes farmers are not able to sell all their produce through these outlets and significant amounts therefore go to waste. They welcome the opportunity to market through wholesale markets also in order to dispose of all available produce for sale.

In order to help fruit and vegetable growers in Dallas and Perry Counties to overcome major production problems, the Tuskegee University Cooperative Extension Program (TUCEP) collaborated with the Natural Resource Conservation Service to assist the growers to adopt plasticulture technology to growing vegetables. In addition, TUCEP joined efforts with the George Washington Carver Agricultural Experiment Station (GWCAES), Tuskegee University, and Alabama A&M University Agricultural Experiment Station to further help vegetable growers, by introducing them to Agriculture Biotechnology crop production by using transgenic seeds for sweet corn, squash, seedless watermelons, tomatoes, and pepper for the past 5 growing seasons.

TUCEP continued to build on the existing working relationship with the Dallas County and Perry County Health Departments and the Alabama Farmers Market Authority to continue assisting fruit and vegetable growers with marketing concerns by keeping the Selma/Dallas County Farmers Market active. Cooperating Institutions/Organizations: Alabama A&M University, Auburn University, Dallas County Health Department, Perry County Health Department, Alabama Farmers' Market Authority, and the Natural Resource Conservation Service.

b. **Impact** - As a result of the efforts made by TUCEP and the cooperating institutions, vegetable farmers in Dallas and Perry Counties continue to make major improvements in production and family income. Forty-five (45) vegetable growers in Dallas and Perry Counties continue to increase vegetable production with the use of plasticulture. On average, each of these producers was able to increase yield by 12-14 bushels per acre. Furthermore, the use of plasticulture allowed 21 producers to produce vegetables despite the drought. Farmers adopted new production practices, plasticulture and biotechnology.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Key Theme – Value Added Vegetable Marketing**

a. **Activities** – As a result of the challenges many limited resource farmers were having with marketing their produce through direct marketing channels, TUCEP in collaboration with GWCAES developed a proposal seeking funding to establish a value-added Fruit and Vegetable Wholesale Marketing Center in Selma, on land owned by the local farmers' organization. The Alabama Agricultural Land Grant Alliance (AALGA), made up of the three land grant universities in Alabama, awarded a grant of \$30,000 toward the project. So far, approximately half of the funds needed for this project have been raised from other sources.

The vegetable marketing facility will collect, cool, wash, grade, package and market fresh produce that is grown by farmers in the Black Belt Region. In addition, this facility will serve as an educational (training and demonstration) facility for producers, landowners, researchers, and students. One of the main components of this facility will be the outreach education wing. In order to make this marketing facility productive and successful, it is projected that TUCEP, GWCAES, and other collaborators will have to recruit and train 30-40 new youth commercial fruit and vegetable producers within the Black Belt Counties of Alabama over the next two years. It is imperative that each one of these young producers be trained in sound business management, farm management, financial planning, and record keeping skills. TUCEP and GWCAES have formed an alliance with the Sardis Area Ministerial Alliance, one two-year college, three high schools, and one elementary school with the goal of reaching the youth for future Agriculture training and professional employment opportunities. Youth activities will help in ensuring the future of the Black Belt Marketing Center. The Center will also

assist farmers and landowners in using computers to access USDA Farm and other programs in order to assist more limited resource farmers and landowners to participate in these programs as well as gain other benefits of using the internet to do business.

The Black Belt Fruit and Vegetable Marketing Center will be located in a 20,000 square feet facility. This facility will include a vegetable processing equipment (collard green chopper, pea shellers, etc.), cooler, retail booths, classrooms, and office space. This Center will maximize profits by seeking outlet markets with the most favorable prices and by offering the best quality products which will improve the profit margin for the producers. Cooperating Institutions/Organizations: Black Belt Commission of Alabama, Alabama A & M University, Auburn University, Sardis Area Ministerial Alliance, and Alabama Department of Agriculture and Industries.

**b. Impact** - The accomplishments so far are: the Leadership Steering Committee conducted 10 group meetings with fruit and vegetable producers in 8 Black Belt counties, and total of 143 producers attended these meetings. The majority of the producers that attended the meetings are willing to sell most, if not all, their produce at the Center. Producers are also willing to adopt new and different production practices so as to increase production and take advantage of new market opportunities.

A farming history data base is being established on all producers through farm surveys. This information will be used to help organize a Farmers Cooperative. With funds from AALGA, the Steering Committee has retained attorneys to advise and assist with the organizational structure for the Farmers Cooperative. Fourteen (14) limited resource farmers have volunteered to be trained to serve as the lead contact producers in their counties to assist TUCEP and GWCAES with contacting and recruiting potential producers to be trained. Additional specific impacts on vegetable farmers and the Region are the following:

1. Creating jobs in the Black Belt Counties,
  2. Farmers working together as a cooperative to operate center,
  3. Increased marketing skills and knowledge for producers (e.g., grading and packaging),
  4. Increased sales of fresh produce and income for producers,
  5. Decreased spoilage of produce due to improper storage,
  6. Opportunity for young farmers to start produce business,
  7. Saving small family farms with additional marketing opportunities,
  8. Establishing first class training facility for future youth in agricultural programs,
- and
9. Limited resource producers' awareness of biotechnology in Agriculture.

**c. Source of Federal Funds** – Smith-Lever 3d

**d. Scope of Impact** – State of Alabama

## Key Theme – Animal Production Efficiency

a. **Activities** - Beef cattle production is an important source of income for many low-income farm families throughout the Black Belt Counties of Alabama. This situation is no different for most farm families in Dallas and Perry Counties. Although small-scale beef production has been the mainstay for families in the past, beef production can be very expensive for some families due to the financial demands for adequate grazing land, health care, winter nutrition management, and marketing strategies. As a result of this, during the past seven years, some of these farm families have diversified into small-scale meat goat production. The advantage is that beef cattle and goats can graze the same pastures and not compete for the same forage. Unfortunately, many of the major poor management problems that exist for beef production also exist for meat goat production. These problems are parasites, poor nutrition programs, breeding, marketing strategies, and poor or no record keeping systems. The problems affect productivity and cost these farm families thousands of dollars annually.

In efforts to assist beef and meat goat producers with their production problems TUCEP made contacts with livestock producers in Dallas and Perry Counties. Contacts were made through farm and home visits, letters, Goat Day activities, workshops, and office calls. The majority of the contacts were made by farm visits. During these farm visits, producers were advised on good management practices such as, soil fertility, herd health, sound breeding stock, working facilities, seasonal nutrition programs, and diversified marketing strategies. The real financial success for small livestock producers will occur if they eliminate the middleman and sell directly to buyers of cattle and goats. TUCEP, GWCAES, and the Black Belt Commission have initiated programs to help small producers develop direct sale opportunities for their livestock products in order to increase income. Cooperating Institution/Organizations: Black Belt Commission, Alabama A&M University, and Auburn University.

b. **Impact** – One hundred and eighty-six (186) contacts were made through these efforts. As a result of the efforts and good market prices for beef and goat products, there have been major improvements with livestock producers in Dallas and Perry Counties. During the past four years 90% of small beef producers have upgraded herd bulls with the goal of improving the quality of calves sold during marketing as well as improving the quality heifers for replacements. With the infusion of quality bloodlines into these small herds, there were major impacts in the quality of calves born and weaned.

The quality is evident in terms of increase in calf crop percentages, birth, weaning, and marketing weight. With quality breeding stock, these producers have increased calf crop percentages from 50-60% to 85-90% which is about average for most herds. Quality breeding stock and improved nutrition programs increased birth and weaning weights significantly on average by 48lbs and 125lbs, respectively. Increased weaning

weights result in increased market weights for calves. An additional 125lb weaning weight for calves grossed beef producers an additional \$150.00 per calf at \$1.20 per pound on average for calves weighing 500-600 pounds.

Most of the meat goat herds are about 15-20 head of goats on average. Goats give birth two times per year, so most producers received 4 offspring a year per doe. On average, most meat goats sold for \$1.50 per pound live weight. The average market weight for a meat goat is 50-60lbs. Therefore, at \$1.50 per pound goat producers are averaged \$75.00-90.00 per goat. The addition of meat goats to the small family farm is very important to the farm survival of limited resource farms. With assistance from TUCEP and GWCAES, meat goat production has become a profitable business on several small farms. Overall, better output due to the adoption of new techniques and diversified enterprises has resulted in increased income for farmers.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Macon/Montgomery Counties**

#### **Key Theme – Vegetable Production and Marketing**

a. **Activities** - TUCEP agents and specialists provided assistance and programs in the establishment and maintenance of 55 home gardens in Montgomery County. Conducted 8 home horticulture meetings on fruit and vegetables and provided information on various cultural and production practices; assisted in planning and conducting Farmers Market activities; and planned and conducted 12 Macon County Farmers Organization board and membership meetings. Cooperating Institutions/Organizations: Montgomery County Community Action Agency, RC&D Council, Macon County Farmers' Organization, and Alabama Department of Agriculture and Industries.

b. **Impact** – Home gardening helped to save money on groceries for participating families, and also provided fresh nutritious vegetables for them. Macon County producers who participated in the Farmers Market Nutrition Program for Seniors (FMNPS) sold such fresh vegetables as corn, squash, tomatoes, sweet potatoes, collards, turnips, mustards, field peas, lima beans, green beans, cucumbers, okra, peppers, strawberries, and watermelon. The FMNPS in Macon County received 1,160 checkbooks to issue in the amount of \$23,200 and \$20,332 was redeemed by recipients. That is a redemption rate of 88%. For Montgomery County, 1,880 checkbooks were issued in the amount of \$37,600, and \$33,640 was redeemed by recipients. That is a redemption rate of 89%.

Regarding the WIC Farmers Market Nutrition Program (FMNP), Macon County received 423 checkbooks to distribute in the amount of \$8,460, and \$4,496 was redeemed – a redemption rate of 53%. Montgomery County received 4,475



checkbooks to issue in the amount of \$89,500, and \$64,764 was redeemed – a redemption rate of 72%.

This was a win-win situation. First, families purchased and consumed fresh fruits and vegetables. Second, farmers gained additional income; they generated \$ 33,692.00 in sales.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Key Theme – Animal Production**

a. **Activities** - TUCEP agents and specialists provided technical assistance on beef management; assisted in conducting demonstrations on herd health and castration for beef cattle; assisted in planning and conducting the 24th Jodie Blackwell Beef Management Clinic; assisted in purchasing calves and training youth participant for the Macon County Beef Steer Show; and assisted a farmer in the purchase, production, and sale of caged catfish. Cooperating Institutions/Organizations: Macon County Farmers' Organization and Heifer International, Inc.

b. **Impact** – Beef farmers acquired knowledge and learned new techniques of animal production. Mario Carr, a 4-H Youth, won the Beef Steer Show and received a plaque and an amount of \$280. The youth who participated acquired leadership and animal management skills. The catfish farmer sold his cage of catfish for \$1,747.50.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Barbour/Bullock Counties**

### **Key Theme – Animal Production Education**

a. **Activities** - Workshops and information dissemination continued in the area of beef cattle and meat goat production. Beef cattle and meat goat field day focused on information on common diseases (herd health), calving, rotational grazing, and marketing strategies. Two Tuskegee University veterinarians conducted hands on demonstrations on both cattle and goats. Rotational grazing for cattle and goats is important for several reasons: (1) it reduces feed cost, (2) it results in improved nutrient consumption, (3) it decreases heat and drought stress, and (4) it helps reduce parasitic infestations. Marketing is important because (1) it allows implementing synchronized births, and (2) it should allow for cooperative selling which usually results in increased revenues. Cooperating Institutions/Organizations: Tuskegee University School of

Veterinary Medicine, Bullock and Barbour County Farmers Cooperative, Heifer Project International, Alabama A & M University, and Auburn University.

b. **Impact** – Thirty (30) farmers and 40 youth attended the workshops. They acquired knowledge on various issues.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Key Theme – Vegetable Production**

a. **Activities** - The decrease in vegetable producers made it necessary to encourage some beef cattle farmers to diversify their operations and add vegetable production to fill the void in the local market. Training in vegetable production and marketing was provided to these farmers. Also, as a result of a decrease in purple hull pea production in Barbour County in previous years and the increase in demand for this produce, farmers were encouraged to increase their production of purple hull peas. It was suggested to farmers to use plasticulture technology for producing vegetables, but the cost of materials discouraged some farmers from using this method of production. In addition, the lack of a well to irrigate caused several producers to continue using conventional cropping technology. Plasticulture has the advantages of increasing yields, conserving water use, and minimizing diseases. The loss of revenue using conventional technology was minimal, because of growing the “cash crop,” purple hull peas instead of tomatoes, peppers, or squash. Cooperating Institutions/Organizations: CAENS, Alabama Department of Agriculture and Industries, Alabama Farmers Market Authority, Alabama Cooperative Extension System, Barbour/Bullock County Natural Resources Conservation Service (USDA), and Bullock and Barbour County Farmers Cooperative Association.

b. **Impact** – Farmers cultivated 10 acres of purple hull peas. They sold 300bu at \$22/bu for a total income of \$6,600 and got a yield of 30bu/acre. In short, farmers increased income and some increased yield of their produce.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Greene/Hale Counties**

### **Key Theme – Animal Protection**

a. **Activities** - The problem of lack of veterinary services was resolved through collaboration with Dr. Kenneth Newkirt of the Tuskegee University Veterinary School. Ambulatory services were provided for beef cattle farmers. The services included deworming, vaccination, ear-tagging, pregnancy diagnosis, de-horning, castration,

emergency treatment, and general advice on livestock management. Cooperating Institutions/Organizations: Tuskegee University School of Veterinary Medicine.

b. **Impact** – There was a 34 percent increase in the number of animals treated, and a 66 percent increase in the number of livestock farmers served from 2005 to 2006. Three hundred and thirty-two (332) farm visits were made. Ambulatory services were provided for 15 farmers who owned over 400 beef cattle.

As a result of the collaboration, beef cattle farmers will now receive ambulatory services from October to May each year, whereby beef cattle will be examined and given the required treatment. Beef cattle farmers will save money because of disease prevention and treatment as well as produce healthier animals. Farmers will be provided with affordable medication and professional veterinary services. Ultimately, these led to savings and higher incomes.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama  
**Key Theme – Vegetable Production (Youth)**

a. **Activities** - Several church youth were exposed to plant agriculture through the establishment of vegetable gardens. This was done using plasticulture technology. Cooperating Institutions/Organizations: Federation of Southern Cooperatives/Land Assistance Fund and Alabama Department of Agriculture and Industries.

b. **Impact** – More than 75 youth from area churches participated in the project. They produced collard greens which they sold for \$500. Local consumers got fresh and nutritious vegetables grown locally. The youth acquired crop management and leadership skills as well as got income from the sale of their produce.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

**Key Theme – Vegetable Production**

a. **Activities** - Farmers were assisted to establish vegetable fields under plasticulture. The objectives of the use of plasticulture were to keep the soil temperature warm, control weeds, reduce waster use, achieve easy fertilizer application, and obtain “cleaner” vegetable upon harvesting. Cooperating Institutions/Organizations: The Federation of Southern Cooperatives and Land Assistance Fund and Alabama Department of Agriculture and Industries.

b. **Impact** – Collard greens, okra, butter beans, squash and watermelons were planted on 5 acres of land on 3 different farms. The plasticulture project is on-going and most of the data have not been collected. However, several farmers in the area are now

aware of plasticulture technology. There is a potential for local farmers to increase their yield and income.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Lowndes/Wilcox Counties**

#### **Key Theme – Vegetable Production**

a. **Activities** – TUCEP county agent and specialist assisted local farmers to adopt plasticulture to vegetable production. Four (4) Plasticulture sites and 2 conventional sites were established in collards in September 2006. Cooperating Institutions/Organizations: Natural Resource Conservation Service and Alabama Department of Agriculture and Industries.

b. **Impact** – Six (6) farmers participated in this project. Approximately 25,000 collard seedlings were planted on a total of 5.5 acres (4 acres plastic and 1.5 acres conventional). These were harvested and marketed through a variety of outlets – roadside, direct farm sales, home delivery sales, and wholesale. Some were used for home consumption. Some producers were able to sell collards in bunches that weighed 5-6lbs at \$2.50-\$3.00/bunch. Some were sold at \$18.00/dozen. One farmer experienced about 70% deer damage to his crops. On average, each farmer earned \$2,000. Farmers increased farm income, increased production, improved quality of vegetables, improved conservation of water, conserved fertilizer usage, and used farm land judiciously.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

#### **Key Theme – Agricultural Education**

a. **Activities** - TUCEP specialist, county agents, and agency personnel held a one-day annual educational forum for small farmers, the Small Farmers Area Work Conference. This Conference covered a wide range of topics important to producers, such as USDA Updates, Vegetable Production, Livestock Production, and Estate Planning/Land Use Planning. Cooperating Institutions/Organizations: Wilcox County Soil and Water Conservation District, Natural Resource Conservation Service, SEEP (Student Education Program), Alabama Cooperative Extension System, and ALA-TOM RC&D Council.

b. **Impact** – More than 68 farmers attended the Conference. The overall evaluation indicated that several of the farmers were planning to make operational changes based on information received at the Conference.

Area farmers indicated that information presented was of great importance to their overall operation: (1) Fifteen (15) farmers have implemented cost share practices through USDA; (2) Ten (10) have adopted new agricultural practices, and this increased their overall farm income. An example of adopting an agricultural practice was the revitalization of pasture and hay fields. That is, some farmers are grew vegetables in the spring and summer months, plowed the fields after the season, and grew cool season grasses and practiced cool season grazing in the fall and winter months. This greatly improved soil quality, taking into consideration that some of the fields had not been plowed between 20 and 30 years and had become compacted.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Key Theme – Agricultural Marketing**

a. **Activities** – TUCEP county agents, specialists, and county leaders assisted in efforts to increase consumption of fresh vegetables and promote vegetable production and sales. These efforts resulted in the establishment of the county farmers markets. Cooperating Institutions/Organizations: State Health Department (WIC Office), Senior Citizen Nutrition Program, Alabama Farmers Market Authority, and the County Commission.

b. **Impact** – The county farmers markets provide a central location for at least 12 local vegetable producers to market their produce. Most vendors are certified and were able to accept WIC coupons for the sale of their produce. These markets proved to be excellent outlets for local producers and provided extra market options for farmers to increase their income.

The central location of the farmers markets made it easier for farmers to sell and consumers stop and purchase produce. The farmers obtained income and an additional marketing outlet and consumers got fresh nutritious vegetables.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Key Theme – Animal Production, 4-H FFA County Livestock Project**

a. **Activities** – TUCEP extension agents, specialists, agricultural science instructors, and county leaders assisted youth with 4-H livestock project – steers and heifers. Students participated in 5 invitational shows around the State. The shows were the Alabama State Fair Show, the Autauga Agribition Show, the Elmore/Lowndes County Show, the District Show, and the State Show. The youth competed in several showmanship classes, weight classes, and selected beef characteristic classes.

Cooperating Institutions/Organizations: Local Cattlemen Association, Alabama Farmers' Federation, Alabama Department of Agriculture and Industries, and Livestock Exposition.

b. **Impact** – Four (4) youth were involved in competing in the cattle shows. They used 6 calves, 4 steers and 2 heifers. They won several trophies, ribbons, and cash prizes. They acquired leadership and beef cattle management skills. All calves were sold at premium price of \$1.25/lb live weight on hoof for \$1,312.50-1,562.50. On average the calves weighed between 1,050 lbs and 1,250 lbs. The total cost for raising each calf was \$1,100, so on average there was a gain of between \$212.50 and \$462.50.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Across Counties**

### **Key Theme – General Agriculture**

a. **Activities** – Researchers, extension specialists, and agents initiated two integrative projects, one focusing on record keeping, and the other on Integrative Pest Management (IPM). These projects are integrative, because they emphasize both research and extension aspects of the issues being investigated. For the record-keeping project, the general objective was to enhance the record-keeping usage and capabilities of farmers. Farmers from three counties were interviewed and then given a record-keeping format to adopt for the year. The post-interviews and analysis were to be done after the year (i.e., early 2007). For the IPM project, farmers from various counties were interviewed to determine their perceptions on and knowledge of IPM. IPM focuses on making farmers good stewards of the environment. Cooperating Institutions/Organizations: George Washington Carver Agricultural Experiment State and Cooperative Extension Program.

b. **Impact** – The methodology used in record-keeping project was a case study approach, and five farmers are involved in this project. Thus far, pre-treatment data have been collected, and researchers and extension personnel are yet to collect Phase I post-treatment data. The following impacts are envisioned: (1) a better organized record-keeping system, (2) farmer will ascertain relatively easily how his or her farm is performing, and (3) farmer will get government and other benefits relatively easily.

For the IPM project, data are being analyzed. Ninety-four (94) farmers were involved. Being conversant with farmers' knowledge on and/or awareness of IPM will allow researchers and extension personnel to direct or target assistance to relevant aspects of IPM. Workshops, including hands-on training, are planned.

c. **Source of Federal Funds** – Smith-Lever 3d; Hatch

d. **Scope of Impact** – State of Alabama

**Perry/Bullock Counties**

**Key Theme – Animal Production (Poultry)**

a. **Activities** – TUCEP specialists and agents dealt with two poultry farmers, one in Perry County raising pastured poultry and the other in Bullock County raising commercial broilers. In Perry County, the farmer was having problem with high mortality rates. After a careful analysis of his flock, it was discovered that his birds were suffering from botulism (bacteria-borne disease). It was recommended that changes be made in his management practices (clean feed and water troughs as well general cleanliness of the pasture). After implementing the changes, the botulism was significantly reduced and later eliminated. The Bullock County poultry farm was checked for efficient feeding and care of birds. Cooperating Institutions/Organizations: None.

b. **Impact** – With the reduction and subsequent elimination of botulism, the Perry County farmer realized a relatively net profit. The Bullock County farmer had an efficient feeding and generally good management system, so she was encouraged to keep it up.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

**Perry/Butler Counties**

**Key Theme – Animal Production (Goats)**

a. **Activities** – TUCEP specialists and agents worked with goat farmers these counties. Several management practices were implemented to improve the herds. Among them were: parasite control, reproductive management, de-worming, hoof trimming, castration, animal evaluation and grading, and best pasture management practices. Cooperating Institutions/Organizations: None.

b. **Impact** – Good management practices reduced mortality rate; the farmers' net profits were higher.

c. **Source of Funding** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

## Across Counties

### Key Theme – Forest and Renewable Resource Management

a. **Activities** – Extension specialist conducted meetings and field demonstrations, as well as provided information and technical assistance to small-scale farmers and landowners in eight counties (Bullock; Butler; Lowndes; Macon; Perry; Tallapoosa; and Washington; and Troup, GA) for the development of the forests on their lands. Cooperating Institutions/Organizations: Forest Landowners Association, Alabama Forestry Commission, U.S. Forest Service, Farm Service Agency, and Natural Resource Conservation Service.

b. **Impact** – More than 100 small-scale farmers and landowners participated in meetings and field demonstrations. The following topics were covered:

1. Pest management (non-native invasive plants and Annosus Root Rot),
2. Claiming capital loss as a results of insects and diseases,
3. The cost of over planting (comparison of planting 1800 trees per acre verses 622 trees per acre Loblolly Pine),
4. Site preparation alternatives (cost and productivity comparison),
5. Economic opportunity from outdoor recreation alternatives,
6. Control of under-story vegetation for aesthetics, stand health and reduction in site preparation cost, and
7. Timber sale preparation, marketing and contract administration.

Information and technical assistance was provided to 22 landowners covering an area of 3,600 acres. This included the following:

1. The eradication and management of approximately 100 acres of non-native evasive plant species,
2. Vegetative type mapping on approximately 3,600 acres,
3. The recommendation of economically viable and sustainable management alternatives such as combinations of recreation, forestry and agro-forestry,
4. Timber assessment to determine type and value of available products,
5. Site preparation and reforestation alternatives and cost comparisons and referrals for financial and technical assistance,
6. Referrals to handle timber theft and trespass,
7. The management of Annosus Root and the need for salvage operations,
8. The development and use of hunting leases for income generation and the accomplishment of related land management needs such as control burning, land line maintenance, access management and protection of property from illegal uses in order to offset cost, and



9. Providing awareness of sivicultural best management practices in order to protect aquatic systems.

As a result of the efforts, these 122 small-scale farmers and landowners were better able to manage their properties and gained knowledge on a variety of issues.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama and State of Georgia

### ***SPECIAL PROJECTS***

#### **Across Counties**

#### **Key Theme – Small Farm Viability**

a. **Activities** – The Small Farmer Outreach and Technical Assistance Project was established to develop and implement programs so that eligible farmers and their family members may apply for and acquire USDA loans and other forms of assistance. Farm management specialists and other project support staff are the primary personnel for the Small Farmer Project, but in many cases they collaborate and work with county agents.

Farm management specialists and project staff continued to work closely with all program participants in identifying alternative enterprises, developing farm and home plans, marketing plans, farm loan applications, grant applications, housing applications, other non-loan USDA program assistance, and group training as well as one-on-one technical assistance. Farm management specialists worked with USDA staff in local offices to help facilitate farmer requests for assistance with applications and participate in various farmer programs. The technical training sessions included production techniques, record keeping, management of income and utilization of credit, marketing, and preparation of farm plans and cash flow budgets.

The Farm management specialists and agents also focused on specific projects designed to strengthen the growth and sustainability of limited resource producers and other groups. These are listed and briefly described below.

*Jacob Waddy Research Project* – Tuskegee University entered into a formal agreement with the Waddy Farm to attract young beginning farmers to farming. This included production, processing, business principals, marketing of farm raised products such as goats, pasture raised chickens, turkeys, rabbits, beef calves and organic vegetables. This project greatly contributed to the research areas of the University including (1) integrative small ruminant research; (2) evaluation of alternative farming practices on environmental and water quality in Alabama; (3) maintaining agricultural systems that improve competitiveness in domestic

production, processing, and marketing; and (4) enhancing economic opportunity for families, youth and communities.

*AL Hooks Produce Farm* – Tuskegee University also entered into a formal agreement with the Al Hooks Farm to conduct research and serve as a demonstration site for organic vegetable production. The site is used by other area farmers to observe and learn from the activities of the overall operation. Products are to be test marketed in part at the Macon County Farmers Market and other surrounding markets. The Hooks Farm is a model for other farms to follow in terms of production techniques as well as marketing strategies. Mr. Al Hooks and Family were named the Merit Farm Family of the Year during the Annual Farmers Conference at Tuskegee University in February, 2006.

*Dallas County Small Farm Cooperative* – Tuskegee University is working with this group of farmers in developing innovative marketing programs and adding value to products. A major effort is underway to attract several groups of farmers across the Black Belt of Alabama to embrace a processing facility that will be centrally located to all of them. Funds are being raised from various sources to support the project that will cost approximately \$2,000,000. Emphasis has been placed on full and open dialogue with the farmers to take ownership, utilize, and support the facility once it is constructed. The project will not only bring the farmers together but will also enhance their marketing efforts.

*Gordonville Community Development Corporation (GCDC)* – GCDC is producing inland shrimp in the middle of the Black Belt Region of Alabama (Lowndes County) for research and demonstration purposes, so that other small farmers can consider it as an alternative enterprise as well as being an educational tool for local high school students.

*Native American and Hispanic Groups* – The project personnel works very closely with several Native American groups as well as Hispanic Groups in the State, providing technical support and information in their efforts to participate in USDA programs. Group meetings were held as informational sessions. Subsequent one-on-one meetings were held to address specific individual needs. The Alabama Indian Affairs Commission works very closely with the Small Farm Staff in coordinating contact with the various Native American tribes throughout the State. The Cherokee Tribe of North East Alabama received special assistance in development of tourism, entrepreneurship and strategic planning. The UCAN tribe received special assistance in development of strategic plans, business loans and land use plans. The Echotas received special assistance in strategic planning as well as land use plans for future tourism development. Tuskegee University employed a full time person assigned to the Native American Groups for the identification of group and other resources to assist the tribes. This special initiative is also directed at the Hispanic Groups. Cooperating Institutions/Organizations: Alabama Department of Agriculture and Industries, USDA Agencies, Alabama Indian Affairs Commission, Other Land Grant Universities, and Indian Tribes and Hispanic Groups.

b. **Impact** – As a result of these activities, major progress was made. There were 21 group meetings attended by 228 farmers; 252 home visits and 241 other client contacts; 58 meetings with USDA staff; 5 brochures or news releases developed; 1,218 brochures and other publications distributed; 164 socially disadvantaged applicants identified; 5 business analyses; 85 farm plans developed; 85 farmers submitted applications or requested USDA services; 35 farmers submitted applications for USDA loans. The total loan amount was \$2,076,000, and the average loan amount was \$42,367.

Additionally, through these activities, farmers and residents gained knowledge and improved management practices, acquired skills in business management, financial management, and marketing.

c. **Source of Federal Funds** – Smith-Lever 3d; 2501

d. **Scope of Impact** – State of Alabama

## **Macon County**

### **Key Theme – General Agriculture**

a. **Activities** – Two agriculture-related conferences, the Annual Farmers Conference and the Annual Professional Agricultural Workers Conference, were held (in February and December, respectively) on the Campus of Tuskegee University at the Kellogg Conference Center. The theme for the Farmers Conference was, “Small Rural Farms: Developing Partnerships with Local, National and Global Markets.” Topics discussed included: small farm cooperative marketing and value added product development; obesity management; wills, estate planning and personal financial management; and who else is farming your land. The theme for the Professional Agricultural Workers Conference was, “Meeting the Challenges to Sustainable Growth and Development of Rural Communities.” Topics discussed included: meeting the challenges to sustainable growth and development of rural communities; forests in rural landscapes and communities; USDA small farms and beginning farmers and ranchers policy; small farms and local communities; marketing and economic development; food safety; and international agriculture.

b. **Impacts** – Over 200 adults and 35 youth attended the Farmers Conference, and over 220 people attended the Professional Agricultural Workers Conference. Participants gained information and networked at these conferences.

c. **Source of Federal Funds** – USDA Agencies

d. **Scope of Impact** – State of Alabama, Southeast, U.S., and International

**Goal 2:** *A safe and secure food and fiber system. To ensure an adequate food and fiber supply and food safety through improved science-based detection, surveillance, prevention, and education.*

**Extension Team Project 411:** *Promoting healthy living environments for underserved and hard to reach audiences – Families First: Nutrition Education and Wellness System (FF-NEWS)*

**Overview:** The objective of this ETP is to teach participants to use what they learn to positively change behavior. The project acknowledges knowledge and skills that participants bring to the training and fosters respect for them. It seeks to take participants to higher levels utilizing a variety of instructional and assessment approaches that have been designed towards transformation for the benefit of individuals, families, and communities. Collectively, the component of the FF-News makes up a curriculum that represents action plans for behavior modification by participants. The information in the curriculum is based on results of scientific and educational research, observation, and clinical trials. The curriculum is comprised of six components: an informative and instructive introductory section, four content modules, and a resource/reference section. Each of the content modules assesses a critical subject area related to nutrition, health, and wellness. The four content modules are: (a) balancing food preferences with knowledge of nutrition, (b) health status and age-related nutrition, (c) enhancing management skills, and (d) ensuring food quality and safety.

## **Description of Planned Program by Key Themes**

### **Across Counties**

#### **Key Theme – Food Safety**

a. **Activities** – TUCEP specialists and agents trained and gave technical assistance to small-scale farmers in goat production. Further, the farmers were encouraged to practice environmentally friendly goat production. Those with sizeable lands partitioned their pastures into plots and rotated the grazing of their herds. This practice prevented over-grazing and reduced erosion of the land. Also, some farmers custom-slaughtered their animals to sell to their customers. They practiced a principle of food safety, Hazard Analysis and Critical Control Points (HACCP) that TUCEP personnel and Biomedical Information Management Systems (BIMS) personnel in the College of Veterinary Medicine taught them in previous years.

Some backyard poultry producers were also given technical advice on the biosecurity for birds based on guidelines provided by the USDA Animal and Plant Inspection Service (APHIS). Emphasis was placed on the prevention of Avian Influenza (AI) and Exotic Newcastle Disease (END). Cooperating Institutions/Organizations: Alabama Cooperative Extension System.

b. **Impact** – The goat producers gained knowledge on goat production and also acquired management skills. The poultry producers are aware more than ever before, the need to report any unusual cases of illness in their flocks. They know that the Asian type Avian Influenza Virus (AI H5N1), though not reported in the U.S. yet, can infect humans and can be fatal.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Macon/Lowndes/Dallas Counties**

#### **Key Theme – Food Quality**

a. **Activities** -The Tuskegee University Expanded Food and Nutrition Education Program (EFNEP) called the Media-Smart Youth (MSY) Chef Program was conducted at three different sites, Macon County, Lowndes County, and Dallas County, using the Media-Smart Youth Curriculum developed by the National Institute of Child Health and Human Development and MyPyramid for Kids. In Macon County, it was held from June 5-30, 2006, from 2:00 to 5:00 p.m. in the multipurpose room and Food Laboratories of the Food Science Department, Tuskegee University. In Lowndes County, the MSY Program was held from July 17-21, from 8:00 a.m. to 12 noon at a community center; and the program in Dallas County was held from August 7-11, 2006, from 8 a.m. to 12 noon at the Marion Cultural Camp Site. In Macon County, parents dropped their children and picked them up at 5:00 p.m. each day. In Lowndes County, the community center provided a bus and a volunteer who picked the program participants to and from the Community Center. In Dallas County, a school bus was provided to take the participants to the camp site each morning and back to their homes each afternoon. Volunteers came from the communities as well as near-by churches to help with distribution of program materials and food preparation. College students who lived in those counties were recruited to serve as chaperons and counselors for a nominal stipend.

The MSY Program covered foods and nutrition, resource management, food safety and physical activity. A variety of activities encouraged youth to choose fruits and vegetables, whole grains, and calcium rich foods, and to reduce their consumption of fat and added sugar. Lessons taught encouraged youth participants to be thoughtful when choosing or preparing snacks for themselves. The program included the preparation of snacks; and participants enjoyed nutritious foods they may not have eaten before. In the physical activities aspects, participants learned the importance of daily physical activity in promoting health. The Program contained a 10-minute “Action Break” during each lesson where youth are engaged in fun physical activity. Cooperating Institutions/Organizations: Alabama Cooperative Extension Service, Departments of Human Services, Community Development Corporations, and Housing Authorities.

b. **Impact** - A total of about 124 youth were enrolled and graduated over two months in the summer. As a result of the Program, participants developed strategies for becoming more active in their daily lives as well as drawing in their siblings and parents. It was evaluated through pre- and post-knowledge based activities. Each child was given a refrigerator thermometer to continue monitoring the family refrigerator and a personal hand sanitizer to use. At graduation, each youth had a simple resolution which was a plan on how to choose nutritious foods, intent to sample at least 5 unfamiliar fruits and vegetables in the following year, and be more physically active in their daily lives.

The Program helped them to discover that physical activity could be anything that gets their bodies moving, including dance, walking, skipping rope, or helping Mom with groceries. Eighty-six (86) percent of youth participants knew they should be active for at least 1 hour each day. Through snack food preparation activities, participants identified various ways to include fruits and vegetables in daily eating. To help make their bones stronger, participants started eating foods high in calcium and including weight-decreasing activities even in their play. Eighty (80) percent of youth indicated that they were going to start ordering small-sized fries instead of large ones to help reduce fat in their daily diets.

Overall, participants gained (a) knowledge in principles of healthy and nutritious foods, (b) developed awareness of healthy food choices in real-life settings; (c) acquired skills in the preparation of quality safe foods, and (d) gained knowledge in the importance of daily physical activities in promoting health. The long term impact is that youth participants will be able to acquire nutritional and health knowledge with changed attitudes and behaviors that promote personal development and healthy habits.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

**Goal 3:** *A healthy, well nourished population. Through research and education on nutrition and development of more nutritious foods, enable people to make health promoting choices.*

**Extension Team Project 413:** *Promoting Individual Health*

**Overview:** The objectives of this ETP are to: (a) increase awareness among racial and ethnic minority groups in Alabama about the risk factors of heart disease, stroke, high blood pressure, obesity, diabetes, and cancer, and (b) educate this group on how to change risky behaviors that may reduce chronic health disorders. This group includes African American, Hispanics, Asian Americans, Native Americans, and other underserved minorities. The strategies for accomplishing these objectives include facilitating health screening for early detection of health problems, providing culturally

and linguistically relevant educational services, collaboration with other health organizations, and referrals to appropriate agencies.

According to the American Stroke Association, 2004, stroke kills nearly 164,000 people a year. That is about one in every 15 deaths. It is the number 3 cause of death behind heart disease and cancer. Thus, about every three minutes, someone dies of stroke. Through preventive measures, stroke rates can be lowered.

Alabama is among the top seven most obese states in the nation. It ranks 6th for heart disease, 9th for stroke, and 10th for diabetes. African Americans make up approximately 25% of Alabama's population and experience high rates of risk factors for heart disease and cancer and high heart disease and cancer death rates.

Data from the 2004 CDC Behavioral Risk Factor Surveillance System (BRFSS) indicate that approximately 28.4% of adults in Alabama are obese (BMI of 30 or higher), and an additional 34.8% of adults are overweight. Obesity and overweight are prevalent among all races, all adult age groups, and both genders. White males have the highest percentage of overweight (42.9%), however African Americans have the highest percentage of obesity (37.9% compared to 26.5% for Whites). After adjusting for age, the death rate rankings for obesity-related diseases in Alabama are among the highest in the nation.

African Americans are also more likely to have high blood pressure than Whites (38.3% versus 32.2%), and more likely to report having been told that they have diabetes than Whites (13.6% versus 7.1%).

In 2002, BRFSS data collected in 2000 indicate that African American women had higher rates of breast cancer screening (85.4%) than Whites (78.8%). However, they had a higher breast cancer death rate than Whites (29.9 per 100,000 compared to 25.9 per 100,000). African American women in Alabama had a higher cervical cancer death rate than white women (6.1 per 100,000 compared to 2.5 per 100,000).

Chronic diseases are not prevented by vaccines, nor do they just disappear. To a large degree, the major chronic disease killers are an extension of what people do, or do not do, as they go about the business of daily living. Health-damaging behaviors – in particular, tobacco use, lack of physical activity, and poor nutrition – are major contributors to heart disease, stroke, and cancer, the State's leading killers. However, tests are currently available that can detect breast cancer, colon cancer, heart disease, and other chronic diseases early, when they can be most effectively treated. A key strategy for addressing these risk factors is to educate the individuals and families about the importance of prevention.

## **Description of Planned Program by Key Themes**

### **Barbour/ Macon/Montgomery Counties**

#### **Key Theme – Human Nutrition**

a. **Activities** – A TUCEP specialist developed a wellness program, “A Healthy Way to Lose Weight,” to teach adults how to take control of their health by making healthy choices. A similar program addressing the health needs of the youth was also implemented. The health and wellness program consisted of three (3) components: nutrition, exercise, and behavior modification. Each lesson was taught once a week for at least one hour and participants were provided an action plan to achieve various health goals (i.e., weight loss, lowering blood pressure and cholesterol, controlling diabetes and improving overall health). Visual aids and food demonstrations were used to promote healthy lifestyle changes. In addition, exercise classes were offered twice a week to motivate participants to be more active. Classes were held in Barbour, Macon and Montgomery Counties. Cooperating Institutions/Organizations: Admiral Moorer Middle School, Steps to Healthier Alabama, (Southeast Region), and Project Export.

b. **Impact** – Wellness classes were provided to 63 adults and 17 youth. Although 21 adults dropped out of the program, the remaining 42 lost an average of 6 pounds each. This program not only raised participants’ awareness of the link between nutrition and disease but it also increased their knowledge on nutrition and health.

As a result of the class, 85 percent of the participants reported reading labels more and making healthier eating choices, like consuming more reduced fat and whole grain/fiber rich foods. Food diaries showed participants were making more effort to eat leaner meats, drink more water, and exercise often. Over 50 percent of participants reported engaging in exercise at least three times a week at home or at a gymnasium.

The health classes offered to the youth gave the participants valuable health information about conditions that are rapidly affecting people in their age group. Youth were taught how to make healthier vending machine choices and how to recognize foods with hidden fats. Food demonstrations gave participants healthy snack ideas and showed them how to prepare tasty and healthy snacks. Participants admitted drinking more water and choosing flavored water and diet soft drinks over regular ones. Youth reported eating more fruits and vegetables as a result of the program.

As a result of the wellness classes for youth, the principal of the Admiral Moorer Middle School, Barbour County, asked if TUCEP could provide wellness classes for students once a week during the physical education classes. The Body Mass Index (BMI) of 641 middle school students was determined from their height and weight. Each student was taught how to calculate his/her BMI as well as plot the results. Students had to receive their parents’ permission to participate in the class. To date, over 60 students are participating in the classes.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama



## **Macon/Barbour/Bullock Counties**

### **Key Theme – Human Health**

a. **Activities** – Health education activities were conducted as health fairs at schools, nutrition sites, and community action centers in Macon, Barbour and Bullock Counties. The methodologies used in these activities included lectures, demonstrations, handouts, and physical fitness. The Health and Wellness Fairs provided participants with free health screenings for diseases. Cooperating Institutions/Organizations: Baptist Health, Alpha Kappa Alpha Sorority, Community Care Network, Macon County Retired Teacher’s Association, STEPS to a Healthier Alabama (River Region) Thomas Reed Ambulatory Care Center, Tuskegee Area Health Education Center, and Project EXPORT.

b. **Impact** – The Macon County Health Fair exposed over 150 youth and adults to reliable health information and gave them the opportunity to get free medical advice and health screenings to help diagnose, manage and/or improve existing illnesses. Participants could speak to health care professionals one-on-one, ask questions and pick up literature that explained different medical conditions. In addition, participants were made aware of the resources in their community; health and wellness programs; and more affordable ways to purchase insurance, medicines, medical supplies and equipment. One hundred and seven (107 [84 females and 23 males]) people were screened for cholesterol, diabetes, and hypertension. Thirty-one (31 [22 males 9 females]) participants were screened for sickle cell, and the one participant who tested positive for that disease is receiving medical assistance and counseling from the Southeast Sickle Cell Association.

The Barbour and Bullock County Health Fair exposed 422 youth and adults to information on health and nutrition, thus increasing awareness as well as knowledge of the benefits of eating a balanced diet, the positive effects that fruit and vegetables have on the body, and exercising to maintain good health.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

## **Barbour/Bullock Counties**

### **Key Theme – Human Health**

a. **Activities** – A three-pronged wellness program was conducted in Barbour and Bullock Counties. The first class focused on those with diabetes. The objective was to develop a better understanding of diabetes and control it through diet and exercise. The second class underscored practicing good health habits and the development of an action plan for weight loss and control. The third class was called “Helping Hand Support Group,” and was based on the principles of Overeaters Anonymous. The Helping Hand Support Group was provided counseling in the following areas: (a) behavior modification, (b) maintaining and managing the stressors of weight loss, and (c) stress management. The Support Group broadly focused on lapse, relapse, and

collapse.

**b. Impact** – More than 150 participants attended the classes. Nearly 75 percent of those surveyed after completion of class indicated that they implemented immediate changes resulting from class attendance. The participants were made aware of the benefits of healthy lifestyles, such as disease prevention, regular physical exercise, healthy weight, good nutrition and behavior modification. The greatest benefit for participants in the behavior modification class was focusing on dietary and exercise changes that lead to permanent weight loss.

**c. Source of Federal Funds** – Smith-Lever 3d

**d. Scope of Impact** – State of Alabama

### **Across Counties**

#### **Key Theme – Human Health**

**a. Activities** – TUCEP specialists and agents participated in annual county fair, where educational campaigns on awareness and possible infection with HIV/AIDS, especially among youth, were mounted. As part of this outreach effort, the campaign also visited high schools in some Black Belt Counties. Cooperating Institutions/Organizations: Alabama Cooperative Extension System and Alabama Comprehensive Council Coalition.

**b. Impact** – Youth became aware of the nuances of HIV/AIDS. Most of them expressed their willingness to practice safe lifestyles.

**c. Source of Federal Funds** – Smith-Lever 3d

**d. Scope of Impact** – State of Alabama

### ***SPECIAL REPORTS***

#### **Across Counties**

#### **Key Theme – Human Health (Reduction of Health Disparities)**

**a. Activities** – Project EXPORT was implemented to facilitate the reduction of health disparities in Diabetes, Cancer, Cardiovascular Disease, Infant Mortality, and HIV/AIDS in minority communities, especially the Black Belt. The Outreach and Dissemination Core focuses on educating underserved populations using a wide variety of delivery mechanisms such as workshops, seminars, health fairs, and the development and dissemination of culturally sensitive health material. Project EXPORT staff works closely with TUCEP specialists and agents.

Activities included: (1) Summer Health and Fitness Academy launched in the summer at three sites across the Alabama Black Belt. The Academy focused on educating youth, ages 10-13, on nutrition and fitness with the premise that healthy behaviors are formed early in life. The first site, Tuskegee University, was the only nonresidential site. The remaining two sites were residential due to the lack of accessibility of transportation in many of the rural areas. Each of the three camps lasted five days, culminating with a field activity that allowed the participants to use the knowledge obtained over the previous days of camp; (2) Power of the Pyramid Tour was sponsored by Project EXPORT and presented by the National Theatre for Children to fourteen (14) schools across the Alabama Black Belt Counties. This theatrical presentation focused on helping to eliminate the burden of childhood overweight and obesity; (3) educating the community on Mid-Wifery; and (4) sponsorship of community health fairs in Bullock, Macon and Montgomery counties. Cooperating Institutions/Organizations: TU School of Nursing, National Theatre for Children, and County Health Offices.

b. **Impact** – Over 60 youth participated in the health and fitness academies. Overall, Participants gained knowledge and skills in healthy lifestyles, good nutrition, and fitness. Many of the participants indicated that they plan to change their lifestyles.

c. **Source of Federal Funds** – National Center on Minority Health and Health Disparities; National Institutes of Health; Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

**Goal 4:** *Greater harmony between agriculture and the environment. Enhance the quality of the environment through better understanding of and building on agriculture's and forestry's complex links with soil, water, air, and biotic resources.*

**Extension Team Project 18G:** *Integrated Natural Resources and Environmental Education*

**Overview:** This Extension Team Project allows Extension to address a variety of critical educational needs in the areas of natural resources, water quality, and environmental management, including environmental justice issues. Natural resources and environmental education issues are neither race nor gender specific, yet they affect the lives of Alabamians across economic and rural/urban boundaries. The specific goals of this ETP are to increase environmental awareness and promote responsible environmental stewardship among Alabamians, as a whole, and in particular its rural minority population. A special emphasis is placed on youth and young adults in this target population. These goals will be accomplished by facilitating youth camps and workshops, home, and farm environment assessments, and community assistance/training sessions. Immediate to moderate measurable outcomes associated with this project include the number of home/farm environmental assessments conducted, the number of management plans written, and

plans/practices adopted. Long-term outcomes focus on the increased natural resource educational base of targeted youth, the number of young adults choosing careers in natural resources and related areas, and the improved quality of area streams and watersheds.

## **Description of Planned Program by Key Themes**

### **Lowndes/Wilcox Counties**

#### **Key Theme – Wildlife Management/Forestry Management**

a. **Activities** – TUCEP specialists and agents were able to assist hunting groups with information relative to improving and enhancing wildlife. Agents also conducted one-on-one educational visits with individuals and hunting groups to assist with wildlife management (wildlife food plots). Work was also done in the area of forestry management – provided information on reforestation, thinning, prescribed burning, and cost-share programs. Cooperating Institutions/Organizations: Alabama Forestry Commission, Natural Resource Conservation Service, and Alabama Cooperative Extension System.

b. **Impact** – Landowners and hunting groups indicated that they used the information they received to improve their wildlife operations through better management practices such as lease agreements, which resulted in increased incomes. Several landowners said that information received on forestry management practices was useful, and they increased the values of their lands.

c. **Source of Funding** – Smith-Lever 3d

d. **Scope of impact** – State of Alabama

### **Sumter County**

#### **Key Theme – Natural Resources Management (Youth Forestry Camp)**

a. **Activities** – TUCEP Extension specialists and agents worked together with a number of youth and youth groups discussing natural resources, water quality, and environmental topics, including career choices in the area of natural resources and agriculture. Cooperating Institutions/Organizations: Federation of Southern Cooperatives/Land Assistance Fund, Alabama Forestry Commission, Natural Resources Conservation Service, and Alabama Cooperative Extension System.

b. **Impact** – Over 30 students from across the State of Alabama completed applications for the Extension Summer Youth Camp held at the Federation of Southern Cooperatives in Epes, Sumter County. A number of youth were exposed to and received information on careers in natural resources and agriculture.

The Forestry Camp is designed to teach basic forestry and natural resources concepts to youth age 15 and who have completed the 9<sup>th</sup> grade, but have not finished the 12<sup>th</sup> grade. Students are presented an opportunity to talk with university recruiters and job recruiters to learn more about the expectations of attending college or what types of jobs they can obtain with college degrees in Natural Resource disciplines.

c. **Source of Funding** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

**Goal 5:** *Enhanced economic opportunity and quality of life for Americans. Empower people and communities, through research-based information and education, to address economic and social challenges facing our youth, families, and communities.*

**Extension Team Project 5:** *Enhancing Citizens' Capacity to Transform Communities*

**Overview:** Recent studies on the Black Belt continue to show persistent poverty in the region, as well as the need for a more comprehensive approach to economic well-being, including enhancing citizens' capacity through entrepreneurship and leadership development. This ETP has two tracks, Business and Individual Planning, and Individual and Leadership Skills Development. Anecdotal field data show that many small business owners in rural Alabama lack adequate skills, do not have business plans, or do not update their business plans regularly. There are individuals also who want to start businesses, but many times they do not start on the right footing because of a lack of "know-how" and subsequent lack of access to capital. Not only do residents of such communities need skills on business development, but they also require current information on issues such as personal financial management, tax planning, and insurance planning that affect their daily lives. The Business and Individual Planning Track is intended to assist business owners with business planning, as well as help with other tools for sound decision-making. This track is also intended to equip individuals with tools for sound personal decision-making, especially, financial and long-term planning.

Additionally, there is the need to teach and constantly update the leadership skills of leaders and residents in rural Alabama. The communities need effective leadership to extricate them from their problems. The objective of the Individual and Leadership Skills Development is to enhance the leadership capacity of individuals, organizations, and community leaders by providing them with requisite skills in leadership. The focus is on sharpening leadership skills, organizational development, and building resources.

The target audiences are adults, agricultural clientele, non-agricultural clientele, and community leaders and officials. Our aim is to reach "hard-to-reach" audiences. With

better business and individual skills come better productivity, and with better leadership comes better communities. TUCEP got involved in these types of activities because of the constant requests for such help from community groups and individuals. The intended outcomes are to: (1) improve business, leadership, and individual skills of community residents and leaders and (2) make community organizations more efficient and effective in their operations. It is also hoped that skills acquired will be applied in everyday activities in the local communities.

## **Description of Planned Program by Key Themes**

### **Dallas/Lowndes/Wilcox/Barbour/Bullock Counties**

#### **Leadership Training and Development**

a. **Activities** – Leadership development workshops were conducted in rural communities over a three-year period in order to strengthen the effectiveness of community based organizations and their programs as well as empower others to assume leadership roles. Cooperating Institutions/Organizations: Sardis Churches Unity Fellowship, Selma/Dallas County Veterans Transitional Homes, Dallas County Children Policy County, Fatherhood Initiative Program, and other local groups.

b. **Impact** – Over 500 leaders emerged from the leadership workshops, which was about 20 percent of the individuals trained. The workshops impacted four major community organizations, and these are discussed in turn below.

The first organization is the Sardis Churches Unity Fellowship (SCUF). It was incorporated in 2003 as a provider of at-risk youth and other social services. From its existence, this group's impact has not only changed the lives of the students who attended tutorial sessions, but also increased the number of students graduating from the local high school. SCUF's territory has expanded from the Sardis Community to include the Minter, Selmont, and Selma areas. Each year, over 1,040 students attend tutorial classes during the school year. Students' evaluations, which are based on pre and post test scores show 97 percent success rate of the program. Each summer over 120 students attended a 6-week Enrichment Camp. SCUF has over 450 volunteers that work faithfully year round with at-risk youth and adults.

In 2006, SCUF expanded its program in include a Food Bank. Over 1,057 socially disadvantaged families received food once a month from this distribution center.

The second organization is the Selma/Dallas County Veterans Transitional Home, Inc. (VTH). It re-organized its Board of Directors after receiving leadership training. The focus of this group is housing for the homeless. VTH's re-organization led to the development of the Black Belt Homeless Coalition (BBHC), which comprised local social service agencies that work on homeless issues. The BBHC members are: Mental Health, SABRA Sanctuary, Red Cross, Selma Air, George Wallace Community College, City of Selma, Dallas County Housing Authority, Dallas County Emergency

Management Association, United Way, Salvation Army, and Catholic Charities, and others. The BBHC hosted the first Continuum of Care Conference in Dallas County in 2006. BBHC covers six counties: Dallas, Perry, Wilcox, Lowndes, Marengo, and Sumter. The leadership workshops have resulted in increased collaboration among agencies. At present, the Board is awaiting approval from HUD for its HUD Management Information System. This system will help track all homeless individuals in the area in order to assist help them obtain housing.

The third organization is the Dallas County Children Policy Council. This was developed under the District Court System. The Children Policy Council is comprised of several local service agencies. The main goal of the Policy Council is to supply services to the needy by way of referrals. Its ultimate goal is to develop a one-stop Family Service Center to provide services to needy families. Out of this group has emerged the Teen Court, which allows youth to administer sentencing to their own peers in the courtroom. Prison Ministries and Mentoring Program works with incarcerated individuals helping them to transform their lives and preparing them for re-entry into society. The impacts of this Council have lead to the reduction of crime in the inner-city, less youth violence in schools, and an improvement in social service delivery.

The fourth organization is the Fatherhood Initiative Program (FIP). This emerged out of the Children Policy Council. FIP is designed to work with non-custodial parents to help increase child support. But, FIP is so much more than that. Through the District Child Support Court, FIP receives court ordered referrals. These referrals are non-custodial fathers who are not in compliance in with paying their child support. Once they enter FIP, they are enrolled in the Fatherhood Curriculum with two components. The first component is called, "Quenching the Fathers Thirst." This component is designed to help fathers learn how to be good role models for their children. The second component is called, Short Term Skills Training." This helps the non-custodial parents gain workforce skills to enter into the job market. Over 157 individuals were referred to the FIP in 2006. The Department of Human Resources reported an increase in child support collected.

The FIP received a \$35,000 grant from the Children Trust Fund. Eight (8) facilitators have been trained to teach the Fatherhood Curriculum, and three (3) of those facilitators have received HIV/AIDS training, and four FIP centers opened in 2006. FIP partnered with DHR and Head Start to conduct programs throughout a six-county area and the FIP now has six (6) part-time workers.

**c. Source of Federal Funds** – Smith-Lever 3d

**d. Scope of Impact** – State of Alabama

## **Barbour County**

**Key Theme – Children, Youth, and Families at Risk**

a. **Activities** – TUCEP agents worked with youth and adults at the Barbour County Community Learning Center on a program called, “The Round Two Program.” This program is divided into two parts. Part one is an eight-week custom-designed curriculum for each participant. During the first class, an assessment is made of each participant to determine the levels of basic academic skills, before training begins. Training includes promoting self-confidence and competence, better money management, career planning, and goal setting. Part Two covers topics such as self-esteem, and job search and retention. Cooperating Institutions/Organizations: Barbour County Community Learning Center.

b. **Impact** – A survey of participants revealed that participants’ awareness of goal setting, interpersonal management, and employment was increased. This type training helps to empower at-risk youth and adults to become more productive and fully functioning citizens of the communities in which they live and work.

c. **Source of Federal Funds** – Smith Lever 3d

d. **Scope of Impact** – State of Alabama

### **Key Theme – Conflict Management**

a. **Activities** – The need for anger management/conflict resolution was requested from the leadership of the Boys and Girls Club of Barbour County. An eight- week training program was conducted on conflict management. Participants learned that anger is a normal, natural aspect of human emotions. In our modern society with high stressed environments, opportunities for anger do arise, and few individuals are immune to angry outbursts. Participants were provided information and materials intended to improve their attitudes and behaviors regarding: conflict management, problem anticipation, proactive planning, and making better choices. Also, participants were taught the top five ways that anger interferes with one’s life.” They are: (a) embarrassment, (b) wasted time and energy, (c) friendship problems, (d) bad things occurring, and (e) anger kills softly. Cooperating Institutions/Organizations: Boys and Girls Club of Barbour County.

b. **Impact** – More than 160 participants attended the classes. Participants learned techniques necessary for controlling their anger, and ways of resolving conflicts. Based on employees’ observations, the number of reported fights and conflicts at the Boys and Girls Club decreased significantly, and behavior patterns improved.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Bullock County**



## **Key Theme – Jobs/Employment**

**a. Activities** – TUCEP agents worked with the Bullock County Health Department Career Technical Center on career development for youth and young adults in health careers and occupations. The Center offers a curriculum and course entitled “Health Science Continuum” which includes internships for the participants. The course content was delivered primarily through individualized study. This process includes career-related skills, healthcare systems, communications, and emergency skills in pharmacology. Internships focus on specific healthcare professions. Participants were advised to consider how the choices that they make today could affect their future. Examples of such choices given were: unwanted pregnancy, AIDS, venereal diseases, failing grades, failure to complete high school, too many absences, negative attitudes, trouble with the law, alcohol or drug abuse, and violence and abuse.

Participants took part in an activity during Red Ribbon Week (October 23-30, 2006). Health Science students performed in a play entitled, “A Path Taken.” Also, students partnered with Deep South Cancer Control Network to host a Purple Brunch to honor cancer survivors. Each participant took part in the 2006-2007 Open House sponsored by Trenholm Technical College in Montgomery, Alabama. Cooperating Institutions/Organizations: Bullock County Health Department Career Technical Center.

**b. Impact** – Participants were encouraged to utilize their most outstanding talent, and show how they plan to use it upon completion of high school. They learned the first step in preparing for a career is to get the necessary education and training required for the career. They learned that some careers require a high school diploma or GED, a trade or technical school certificate, an associate degree, and some require a four-year college/university degree.

**c. Source of Federal Funds** – Smith-Lever 3d

**d. Scope of Impact** – State of Alabama

## **Greene County**

### **Key Theme - Promoting Housing Program**

**a. Activities** – Two 10-week educational training classes were conducted on credit and financial management. Pre and post assessments were made as well as hands-on and one-on-one counseling in financial management. Topics discussed included: how to avoid predatory loans, credit requests, distribution of credit, money smart, fair debt, resolving complaints, and paying one’s self first. Cooperating Institutions/Organization: Greene-Sumter EC/EZ Development Program, USDA/Rural Development Agency, Community Service Rural Housing Project.

**b. Impact** – Thirty-three (33) Greene/Hale County residents attended the classes. As a result of the training, the participants followed the criteria for credit management

given to them, and were able to complete applications go through the interview process, create home money management systems, and agreed to pay themselves first.

Fifteen (15) participants applied and qualified for the Katrina Relief Funds through the USDA Rural Development Housing Service at \$15,000.00 per individual with no pay back—debt free. One participant was qualified for a loan in the amount of \$95,000.00 to obtain a new home through the local USDA Rural Development Housing. One participant qualified for \$7,000.00 in grant funds from the local West Alabama Community Service Programs. Nineteen (19) participants followed recommended practices, and they were able to obtain assistance from the local agencies involved in this process.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

## ***SPECIAL REPORTS***

### **Lowndes/Wilcox Counties**

#### **Key Theme – Community Resource Development (Wil-Low Dollars for Scholars)**

a. **Activities** – The Wil-Low Dollars for Scholars Community Foundation is a volunteer organization. It is an affiliate chapter of the National Dollars for Scholars, established in 1994. The purpose is to expand the educational opportunities of students from Lowndes/Wilcox Counties by raising funds for scholarships and awarding scholarships on an equitable and nondiscriminatory basis to deserving students.

Over eleven years, a number of fundraising activities have been conducted to increase the Foundation's scholarship fund. Board members and volunteers work together to accomplish this goal. Annual events include: Annual Walk-A-Thon and the Souvenir Awards Booklet/Awards Program.

Board members for the Foundation are very much interested in the success of the recipients, and they keep abreast with their progress through academic reports provided by recipients and surveys. Cooperating Institutions/Organizations: Several local organizations.

b. **Impact** – Dollars for Scholars Community Foundation awarded 21 scholarships to graduating seniors from both high schools in the area, Central and Calhoun, for the year 2006. Funds were secured through various fund raising activities through community involvement. Scholarships were awarded in the amount of \$500.00-\$1,000.00.

Over 193 scholarships have been awarded over eleven years. A large number of the student have completed higher education and are currently in the workforce in many different careers. A number of the recipients are currently employed in the professional workforce of Lowndes County.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

## **Macon County**

### **Key Theme – General Community and Economic Development**

a. **Activities** – The Annual Booker T. Washington Economic Development Summit was held on the Campus of Tuskegee University at the Kellogg Conference Center. The theme for the Summit was, “Growing Small Business Asset Building Partnerships for the New South.” Topics discussed included: the basics on individual development accounts and financial stability; federal and other government procurement opportunities; asset building programs and coalitions; asset building, tax preparation and credit programs; and grant opportunities for community development in rural areas.

b. **Impacts** – More than 200 business owners, community leaders, leaders of nonprofits, and other individuals as well as students participated in the Summit. Participants gained knowledge and networked at the summit. Overall evaluation indicated that participants enjoyed the Summit (80 percent strongly agreed; 10 percent agreed) and plan to attend the Summit in the future (75 percent strongly agreed; 12 percent agreed).

c. **Source of Federal Funds** – USDA Agencies; Department of Energy

d. **Scope of Impact** – Participants from the State, Southeast, and the nation gained knowledge and new information as well as networking relationships which will help them in their endeavors.

### **Extension Team Project 33b: *Alabama Entrepreneurial Initiative (AEI): Strategy for Workforce Development***

**Overview:** This Extension Team Project is a catalyst for workforce development in the Alabama Black Belt, and it attempts to build a systematic approach involving youth, adults volunteers, Alabama citizens, and Cooperative Extension in an entrepreneurial education initiative. The objectives of AEI are to: (a) provide youths and adults exposure to a variety of entrepreneurial curriculums, programs and models for teaching and/or conducting an entrepreneurial education project, (b) allow participants to examine on-going programs and curricula that emphasize

entrepreneurial education and encourage partnering with local businesses to enhance entrepreneurial skills, (c) engage participants in experiential “hands-on-learning” activities related to exploring entrepreneurship education, thus expanding their knowledge of entrepreneurial career options and entrepreneurial leadership skills, and (d) explore the development of entrepreneurship education and its impact on economic development as well as its interaction with workforce development.

## **Description of Planned Program by Key Themes**

### **Montgomery County**

#### **Workforce Preparation – Youth and Adult**

a. **Activities** – TUCEP specialists and agents conducted two six-week Entrepreneurial Training Workshops were conducted with at-risk youth enrolled in the GED program at the Occupational Industrial Center (OIC) in Montgomery. The bi-weekly training allowed students to complete the National Foundation for Teaching Entrepreneurship curriculum. This curriculum consists of learning activities focused on basic finance, business planning, the legal structure of a business, market research and maintaining financial statements. The students developed a business plan, conducted market research, and competed in business plan presentations.

b. **Impact** – Seventy-five (75) students participated in the workshops. The students formed an on-going basket making business, “Connie’s Hearts.” They made and sold baskets during special events and holidays. The social and economic value of the program is that the students better understood the workings of our economic system and the importance of business development in their local communities. Teachers reported improvements in the student’s knowledge outside of classroom in the areas of mathematics, leadership, public speaking, and interpersonal relationships. When compared to students not attending the entrepreneurial training workshops, the entrepreneurial students had a greater completion rate for completing their GEDs.

c. **Source of Federal Funds** – Smith-Lever 3d

d. **Scope of Impact** – State of Alabama

### **Sumter County**

#### **Workforce Preparation – Youth and Adult**

a. **Activities** – TUCEP specialists and agents conducted Mini-Society workshops to youth. Mini-Society is a curriculum developed by the Kauffman Foundation. This instructional system allows students ages 8-12 to acquire skills in entrepreneurship, citizenship and economics. The curriculum was implemented at York West End Junior

High School Campus of Discovery during the Summer Enrichment Program held June 12-July 14, 2006.

b. **Impact** – Sixteen (16) students learned techniques for setting and achieving personal goals. The students demonstrated measurable increases in their understanding about citizenship, the workforce, entrepreneurship, ethical and political problems as well as decision-making, cooperation and team building.

Teachers reported noticeable changes in the students' motivation, creativity, and sense of self-directedness. A highlight of this training was a student run carnival to raise money for a trip to Disney World. As a result of the carnival and donations, the student's trip to Disney World became a reality. The students were able to reduce the cost of their trip from \$250 per student to \$100 per student.

c. **Source of Federal Funds** – Smith Lever 3d

d. **Scope of Impact** – State of Alabama

**TUSKEGEE UNIVERSITY  
ALLOCATION OF FISCAL AND HUMAN RESOURCES**

Tuskegee University Cooperative Extension Program allocation of fiscal and human resources among program areas for 2006 are listed below. Data do not reflect FTE's for clerical and support staff or administrative support. However, these factors are reflected in the dollar amounts.

<b>Program Area</b>	<b>\$Allocation</b>	<b>FTEs</b>
4-H & YD	\$150,388.96	3.75
AG	234,818.74	4.15
C & ED	54,548.73	1.55
F & IWB	170,634.06	4.00
IN PEST MGT	23,318.89	0.50
U & NNTP	11,525.73	0.25
<b>Total</b>	<b>\$645,235.11</b>	<b>14.20</b>

## **REPORT ON THE STAKEHOLDERS INPUT PROCESS**

Actions taken to seek stakeholders input include continuous involvement with local Extension and State Extension Advisory Council members, local leaders, elected officials, and others groups as described in the Plan of Work. In fact, Tuskegee University Cooperative Extension Program continues to strengthen its relationship with the various interest groups in the communities in which it serves and throughout the State of Alabama.

The State Advisory Council has a diverse representation, and it is organized into the following committees: (a) agriculture assistance, (b) community economic development, (c) leadership and volunteer development, (d) family life development and food safety, (e) nutrition, diet, and health, (f) water quality and environmental education, (g) entrepreneurial and youth development, and (h) the legislative committee. Also, the Leadership Team travels to each field unit to seek input from the local area—listening sessions, forms, needs assessments, and surveys. Input from stakeholders is sought at each of Extension's annual events, such as the farmers' conference and the Booker T. Washington Economic Development Summit.

Each local County Extension Unit has PAC Committees. These committees assist in program planning, implementation, and evaluation for the individual county. Also, PAC Committees identify issues of local concern in which Extension has committed itself to address. These committees assist in short-term, medium-term, and long-term goals for the Annual Plan of Work.

The local and state advisory councils are made up of a committed staff of lay and professionals that team up with the administrator, specialists, and agents to advise, plan strategies to implement, deliver, and evaluate its program to meet the needs of the people served and improve a better quality of life.

## **TUSKEGEE UNIVERSITY PROGRAM REVIEW PROCESS**

Tuskegee University initiated the Extension Team Project in 1998. Each Extension Team Project focuses on specific problems to be solved in the area, and TUCEP Advisory Council members and/or other groups/members are at liberty to participate in any and all of its programs.

TUCEP is in compliance with the Civil Rights Act of 1964 and subsequent acts to provide educational programs, materials, and equal opportunity employment to all people without regard to race, color, age, sex, religion, veteran status, disability, or national origin.

Program and Civil Rights Compliance Reviews are conducted annually in selected counties.

TUCEP has updated its Program and Civil Rights Compliance Review Process to reflect changes made in the latest *Civil Rights Compliance Review Guide, Extension Programs*.

### **EVALUATION OF THE MULTISTATE EXTENSION ACTIVITIES**

Tuskegee University Cooperative Extension Program Participates in two multistate extension activities, and are described under Goal 2 – A Safe and Secure Fiber System. They are: (a) HACCP, and (b) Expanded Food and Nutrition Education Program (EFNEP).



## CONTACTS

Administrative, signature authority, and certification, for this Alabama Cooperative Extension AREERA Annual Narrative Report of Accomplishments and Results resides with the following persons:

**Virginia Caples**, 1890 Administrator  
Alabama A&M University  
256-372-5710  
[vcaples@aamu.edu](mailto:vcaples@aamu.edu)

**Gaines Smith**, Interim Extension Director  
Alabama Cooperative Extension System  
334-844-4444  
[wsmith@aces.edu](mailto:wsmith@aces.edu)

**Velma Blackwell**, 1890 Administrator  
Tuskegee University  
334-727-8601  
[vblackwell@tuskegee.edu](mailto:vblackwell@tuskegee.edu)

Programmatic responsibility for the content of this Annual Report of Accomplishments and Results resides with the following persons:

**Sam Fowler**, Associate Director  
Alabama Cooperative Extension System  
334-844-5542  
[sfowler@aces.edu](mailto:sfowler@aces.edu)

**Chinella Henderson**, Associate Director  
Alabama Cooperative Extension System  
256-372-5710  
[chenders@aces.edu](mailto:chenders@aces.edu)

**Atheal Pierce**, Head, Program Staff Development Specialist  
Tuskegee University Cooperative Extension Program  
[apierce@tuskegee.edu](mailto:apierce@tuskegee.edu)  
334-727-8809

Responsibility for the overall development, preparation, and electronic submission of the Annual Report of Accomplishments and Results resides with:

**Ronald L. Williams**, Extension Head  
Program Planning and Development / Law Enforcement Programs  
256-353-9770  
[rwilliam@aces.edu](mailto:rwilliam@aces.edu)