



College of Agriculture
& Natural Resources



New Castle County Cooperative Extension Program Report 2008 — 2009



County Director's Note

Dear Friend of New Castle County Cooperative Extension,

This publication summarizes the program efforts and initiatives of the New Castle County Extension staff over the last two years. As you review this document, you'll see the breadth of program initiatives that a few dedicated staff and many volunteers have established. We are committed to making a difference in the lives of our clientele through the goals we set for ourselves, the input we gather from our partners, and programs we develop and deliver.



We are an organization that covers the county as you can see from page 3 in this document. Whether it's agriculture, horticulture, nutrition, family development, money management, or 4-H, there are programs that reach people where they are. The map shows locations of programs and/or locations of businesses impacted by our trainings.

During FY08 and FY09, the New Castle County staff took to heart a *Call To Action* from the Director of Extension, Dr. Jan Seitz, to address hunger and economic stressors faced by Delaware Families. To this end, the staff worked together to outline several projects that rallied our clientele and volunteers, realigned some of our projects, and created special programs. Efforts paid off in big ways and key outcomes are outlined in the adjacent box. I'm proud of what just a few staff have been able to do to address the economic challenges of our friends and neighbors in the county.

As funding has become tighter, our reliance on our partners and volunteers has increased. The dedicated volunteers and agency personnel who we work with on a daily basis help us to create innovative programs that support the learning of youth and adults. As you read this document, you will see these partners are an important part of our accomplishments. From the 100 Master Gardeners, 8 Master Foods Educators, to the 400+ 4-H adult and youth volunteers, each plays an important role in supporting our educational efforts. Community partners like the Delaware Money School, the Natural Resources Conservation Service, Department of Natural Resources, Delaware Restaurant Association, Soil Conservation District, Delaware Center for Horticulture, Nemours, and many others play an important role in effectively connecting Cooperative Extension to our residents and helping to efficiently conduct educational programming. By working together, we can do more.

Many thanks go to the grant-funding support from the United States Department of Agriculture, the State of Delaware, University of Delaware, DE Office of Highway Safety and Department of Education, and New Castle County government which support the salaries of personnel in the office. Funders like the North East Center for Risk Management Education, MetLife Foundation, JC Penney Foundation, Agilent Technologies, and others support the project materials necessary to conduct programs. Through their generous contributions and dedication to the educational initiatives, we are able to do the great work that we do.

If you are interested in learning more about these efforts, please feel free to contact me.

Sincerely,

Maria R. Pippidis

Maria R. Pippidis
County Director

Call to Action Initiatives Gleaning Initiatives



- Provided technical assistance to 13 community based gardens
- Provided garden assistance to 3 community based gardens
- Promoted the Plant A Row program encouraging farm and home gardeners to donate produce to the Food Bank of DE
- Garden harvest at the county extension office donated 1,700 pounds of produce to Food Bank of DE
- Non-perishable collections totaled 1,500 pounds
- Total produce pounds donated equaled 2,800 pounds

Stretching Your Dollar Initiatives

- Conducted basic gardening courses (250 attendees)
- Conducted home food preservation courses (150 attendees)
- Developed e-newsletter *Two Cent Tips for Delaware* (over 300 subscribers)
- Conducted basic money management courses and provided information to fiscally-troubled callers (over 1,000 individuals)
- Staffed educational displays in supermarkets educating consumers about stretching food dollars and making healthy choices

Delaware Cooperative Extension Mission:

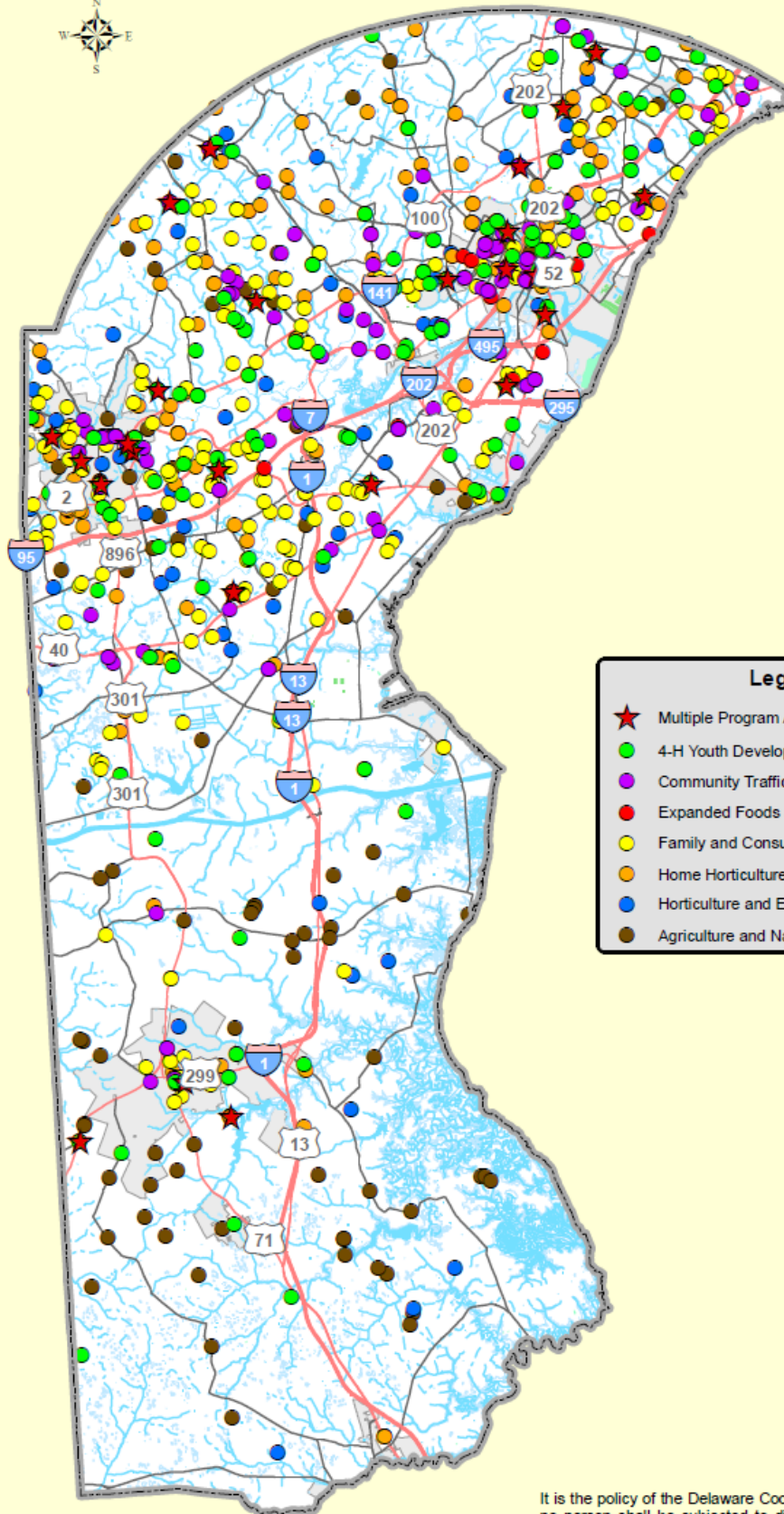
Delaware Cooperative Extension connects the public with university knowledge, research and resources to address youth, family, community and agricultural needs.

*New Castle County Cooperative Extension, University of Delaware,
461 Wyoming Road, Newark, DE 19716
<http://ag.udel.edu/extension/ncc/nccindex.php>
302-831-2667 (COOP)*

LOCATION OF PROGRAM INITIATIVES & IMPACTS



UD New Castle County Cooperative Extension Location of Program Initiatives & Impacts



- Legend**
- ★ Multiple Program Areas
 - 4-H Youth Development
 - Community Traffic Safety Program
 - Expanded Foods and Nutrition Ed Program
 - Family and Consumer Sciences
 - Home Horticulture
 - Horticulture and Environmental Sciences
 - Agriculture and Natural Resources

It is the policy of the Delaware Cooperative Extension System that no person shall be subjected to discrimination on the grounds of race, color, sex, disability, age or national origin.

Agriculture: Keeping it Local with an Environmental Focus



A Day in the Life of Agriculture Educator, Anna Stoops

Any given day of the week, it's hard to tell where a cooperative extension agent might find themselves. As an agriculture extension agent, I work closely with my clients to understand their needs and the issues they face. More and more within New Castle County, the role of the farmer is changing to keep up with the economy, environment and ever-changing times. It is my job to bring the latest in **traditional agriculture, livestock and equine sciences**, and research from the University to my clients through educational programs and individual consultations. It's also quite important to remain up-to-date on the political and regulatory happenings in agriculture, and to maintain a close relationship with the various agricultural agencies and collaborators to understand available programs and offerings that may directly impact or benefit clients. My position also involves working with the less traditional grower in the **urban agriculture** sector, as well as providing programs and support to those in **sustainable and organic agriculture**. It's all about keeping it local with an environmental focus.

As the day starts, I am in the office checking e-mail and voice messages. I make a few return phone calls. One gentleman asked about the regulations for pesticide applicators and licensing, and another client called to consult about the possibility of starting an agri-tourism business on her farm. I provide the information they need and set up a meeting with the latter client.

I spend some time organizing and preparing for an *On-Farm Food Safety Training* workshop that will be held next week and contacting some potential speakers for a segment of *Delaware Ag Week Direct Marketing* segment I am coordinating. After that I get ready for the next business of the day - presenting the facts during a New Castle County Council conference call meeting where new legislation has been proposed that would allow backyard flocks of chickens on parcels less than one acre. After the call, I head out into the field to meet with a client to discuss nutrient management issues and provide a pasture consultation on their farm. I recommend they take a soil sample and take it with me to drop off at the UD Soils Lab to be analyzed. They are also making some considerations with their **farm management** and ask for my help. I provide some helpful resources and technical information, and will further consult with some experts in the area to provide them more detailed information later.



Over 1,000 lbs. of fresh produce were donated to the Food Bank of Delaware, thanks to the work of a local Girl Scout troop that worked at St. Joseph's Bountiful Harvest Community Garden.

In my travels across the county, I take time to observe farm fields I pass by to gauge the progress and look for any potential issues. I make some notes for my input into the National Ag Statistics Service weekly progress report and then make a visit to St. Joseph's Community Garden to provide a consultation to a Girl Scout troop leader who is working in the garden. From there, I make it to **A Day on the Farm** committee meeting, where we are planning for the big event that is geared at educating youth and families about the importance of agriculture. The evening wraps up at the monthly New Castle Conservation District meeting to which I am appointed as Secretary to the Board of Directors by law .

It was a busy day, but in the end what brings me back each day is working with my clients.

Traditional Agriculture, Livestock, and Equine Sciences

Traditional Agriculture, Livestock, and Equine Sciences

Programs were held throughout 2008 and 2009 addressing the needs of growers in New Castle County. Over the course of two years, 300 people attended three NCC pasture walks and eight grower workshop meetings. Over 1,600 people attended Delaware Agriculture Week in 2008 and 2009. During the course of these meetings, growers learned about nutrient management practices, vegetable production, agronomy, hay and pastures, small farm management, direct marketing, livestock, poultry and more. They also learned about recent pest outbreaks and what to do to manage them. They earned continuing education credits in nutrient management, pesticide certification, and certified crop advising. The focus of these workshops is to educate and inform the growers to maximize their productivity while using sound management practices to preserve the integrity of the environment. Many growers implemented the management techniques they learned at the workshops into their farming operations to improve their bottom line.



Diagnosing disease in soybeans



In-field Agronomy Workshop



Weed Identification Workshop

Small Farms and Farm Management

Along with educational workshops, over 200 people benefited from individual consultations either over the phone or at their farm or home properties in 2008 and 2009. From help with trouble-shooting pest or disease problems, soil or nutrient management issues, vegetable production, on-farm food safety, marketing and business management, to providing information for starting up a small agricultural enterprise. Many small growers need help with keeping their farms viable and financially sustainable – that is one of the biggest challenges in today's economy.

The New Castle County agriculture agent recently became the Small Farms Program Coordinator and is developing a program. Over 2008 and 2009, over 25 calls came in from people inquiring how to begin farming or raise livestock (mostly poultry) on small acreage, and consultations were provided.

In August 2008, a Small Flock Poultry seminar was held where 18 people came to learn about raising chickens. It was quite popular with the folks who attended and a joint effort was put in place with University of Delaware, Delaware State University, and University of Maryland Extension Services, where quarterly seminars were held at UD's Webb Livestock Farm to provide an opportunity for learning, networking, and information exchange. It also provided an opportunity for bird exchanges. Sixty-five people attended the four workshops.

Agriculture Collaborators

Working With Collaborators

It is important to develop good working relationships with partners and collaborators. Over the past two years, multiple agencies have played a valuable role for the agriculture agent.

Whether it be with other extension personnel and specialists in different disciplines, New Castle County Government for the *Let's Talk about the Politics of Food* seminar series in vegetable production and partnering in the *Buy From Your Neighbor Program* and *A Day on the Farm* event, or the Natural Resource Conservation Service, and Conservation Districts (local, regional and national).

We've partnered with Delaware State University in Small Flock Poultry workshop series, the DE State Fair Tent, and the Delaware Does More Program in the St. Joseph's Bountiful Harvest Community garden, and with the University of Maryland to offer pasture walks and education on raising poultry.



Small Flock Poultry Seminar 2008 at University of Delaware Webb Livestock Farm in Newark, DE.



A field visit consultation revealed late blight in tomatoes. Late blight hit tomatoes hard during the 2009 growing season.

We've worked with the DE Nutrient Management Commission to provide workshops and a forum to provide continuing education credits for nutrient management. Working with the DE Department of Ag to address irrigation and food safety initiatives, ongoing workshops for pesticide licensing continuing education, and the trainings offered during Delaware Ag Week. We work with the Fruit and Vegetable Growers Association of Delaware for Farm to School programs and to promote local agriculture. The agriculture agent provides information and serves as a resource to the New Castle County Farm Service Agency and NCC Farm Bureau, along with various commodity organizations, industry groups, and other partners in the agriculture field.

Through these collaborations, we've reached more than 3,500 clients who have improved their understanding of production, protection of the environment and self-sufficiency.

Senator Carper tours a farm in New Castle County (October 2008). The tour was sponsored by the Natural Resource Conservation Service and DE Soil Conservation Districts and highlighted nutrient and water management projects that NRCS has worked to cost-share and implement. Cooperative Extension partners with NRCS in outreach and education of their programs.



Supporting Local Agricultural Production and Community Education



The Conservation Hayride Tour was a popular attraction with over 1,400 people riding for fun and learning.

A Day on the Farm

After taking a two-year hiatus, **A Day on the Farm** was resurrected in 2009. The event was started over ten years ago with the idea to educate non-farm families and youth about the importance of agriculture in our state and county. Over 3,000 people visited Woodside Farm Creamery on May 30, 2009. The highlights included over 50 agriculture-related exhibitors and displays, the Mitchell family's dairy herd and creamery, their solar panel array, the Woodland Walk, and Hayride tours. It was a great day for everyone and best of all was the great-tasting, local ice cream.

A Food Drive was held at the event as part of the Delaware Does More Program and New Castle County Cooperative

Extension's Call to Action to Fight Hunger in Delaware program. Over 300 pounds of non-perishable food were collected and donated to the Food Bank of Delaware.

Urban Agriculture and Community Gardens

Over the past two years, the agriculture agent worked to develop an understanding of urban agriculture and what it means in New Castle County. Over the course of 2008 and 2009, there were eight community garden consultations and/or collaborations, the most successful being the St. Joseph's Bountiful Harvest Community Garden.

This project is a partnership between St. Joseph's Center for Community Service, Delaware State University, the Girl Scouts, and the Food Bank of Delaware. Through the season, the Girl Scouts tended the garden with technical assistance from both Universities. The location was also used as a pseudo-sentinel plot to gather information on various pest and disease species and as a barometer on how other vegetable crops were doing throughout the county.

Over 75 people were reached through community garden efforts and over 1,000 pounds of food were donated to the Food Bank of Delaware from the St. Joseph's Garden.



Over 200 people attended the Agronomy Session at Delaware Agriculture Week 2009.



Representatives from UD NCC Cooperative Extension, Delaware State University, the Food Bank of Delaware, St. Joseph's Center for Community Service, and the Girl Scouts take a break to pose for a picture - August 2009.

Developing Sustainable and Organic Agriculture

Sustainable and Organic Agriculture

Throughout the 2008 and 2009 field and meeting seasons, there was a focus on sustainable farming and it was driven by client inquiry.

Two organic and sustainable farming workshops were offered in vegetable production in January 2009, along with the annual Delaware Organic Food and Farming (DOFFA) meeting held as part of DE Ag Week 2009. A total of 195 people attended these workshops. As evidenced by the number of people who attended, the public's interest in farming in a sustainable manner is increasing and important.



A New Castle County grower's sustainable vegetable field.



The Delaware Organic Food and Farming Association (DOFFA) booth at the 2009 Delaware State Fair.

The agriculture agent also participated in an Earth Day 2009 event on UD's main campus where Sustainable Farming was the topic at hand. Over 30 students visited the table to learn about growing in a sustainable way.

As a link to the University of Delaware, the NCC agriculture agent currently serves on the board of the DOFFA. Through this organization and a grant from the Delaware Department of Agriculture, ***the Organic and Sustainable Farming: A Reference Handbook for Delaware*** was developed as a resource tool for those new to organics and sustainable farming. Three thousand booklets were handed out at the Delaware State Fair, University of Delaware Sustainability Conference, and multiple other venues and individuals.



"A View from the Road" at A Day on the Farm. Over 3,000 people visited Woodside Farm Creamery on May 30, 2009 to enjoy a day full of fun and education.

The agriculture agent worked with one grower as a supervisor for his all-natural certification in 2008; and as a resource, promoting organic and sustainable cost-share programs offered through the Natural Resource Conservation Service (NRCS) and the organic certification cost-share program offered by the Delaware Department of Agriculture.



The 2009 DE State Fair DE Cooperative Extension Tent was themed, "What Can Your Backyard Do for You?". Over 1,400 people visited the tent.

4-H Healthy Living and Life Skills



A Day in the Life of 4-H & Youth Development Educator, Katie Daly Jones

It's hard to sum up the wide range of programs, grants, and activities you conduct as a 4-H educator. Between working with youth and adult volunteers, to partnering with FFA and other community based organizations, to training camp counselors, each and every day brings something new and exciting. I never imagined in my role as a 4-H Educator I would travel to Bosnia and Herzegovina, serve as an advisory board member for the Knollwood Community Center, or travel to National Association of Extension 4-H Agents meetings to present workshops on youth development programs.

Being a 4-H educator is a very exciting career, with a lot of variety and something, or many things, always happening. What I love about it the most is I have the opportunity to interact with people on a daily basis. I love planning and attending 4-H competitions such as the demonstration competition, where I see 4-H'ers utilizing and exhibiting the skills they have learned through their project work. It's also a great experience to visit club meetings and observe 4-H'ers in leadership roles, or to engage youth in a team-building workshop. In addition, I get to share the research and knowledge of the University of Delaware with youth and adults in the community through programs such as foods and nutrition, where food safety and food science are highlighted. There is never a shortage of events and activities to work on in the 4-H program; now if you'll excuse me, I have some recommendation letters begging to be written.

Program Content

4-H is a community of young people across America learning leadership, citizenship, and life skills. In 2007-2009, over 1,200 youth and adult volunteers were involved in the 4-H program. There are 25 very active clubs in the county. Operating under three national Mission Mandates, 4-H provides a wide variety of programs and projects. Under the **Science, Engineering and Technology** mandate, youth are involved in projects such as robotics, small engines, National Youth Science Day, entomology, and much more. Through the **Healthy Living** mandate, youth are involved in programs that assist them in developing a healthy mind and body. Some of the programs in this area include the Delaware Extension program Kick it Up With Nutrition, a foods and fitness camp, physical activity class at camps including dance and volleyball, and nutrition programs and information for the entire family. The final mandate, **Citizenship**, is experienced through community service and service learning opportunities, as well as through exchange programs and events such as Legislative Day where youth visit Legislative Hall and experience Delaware Government first hand.

The New Castle County 4-H program integrates all of these mandates in programs such as the Public Speaking and Demonstration competitions where youth develop and present a speech or demonstration on one of their project areas. Through participation in the Fashion Revue and Livestock show, youth learn about sportsmanship and hard work. The world of 4-H offers many exciting and educational opportunities; read on for more!

4-H is a **community**
of **young**
people
across America
who are learning
leadership,
citizenship and
life skills.

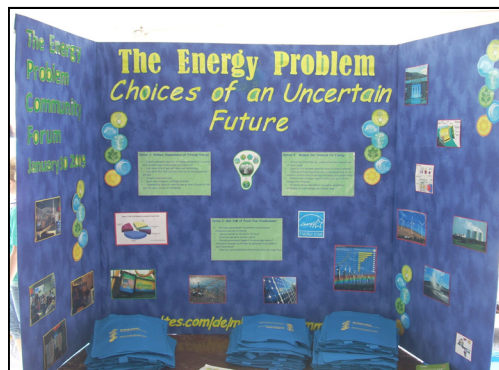
4-H Addressing Issues Through Community Forums

Issue Forums and Community Service Learning Projects

The Engaging Youth Serving Communities (EYSC) Grant is a program funded through National 4-H Council to conduct training and community forums in rural areas. Through a partnership between University of Delaware Cooperative Extension, Delaware 4-H and Middletown High School FFA Chapter, there have been three successful forums held over the past two years. An action team comprised of youth and adults develop and lead the forums, then create an action plan for addressing the problem.

The goals of this program are for youth to identify issues of concern in their community, have an opportunity to interact with adults and people from different backgrounds in a constructive and positive manner, weigh the advantages and consequences of alternative courses of action, and seek a shared sense of direction in creating public policy and an action plan.

Some outcomes of the program are for teens to become familiar with local decision-making processes, to improve their leadership skills, for adults to recognize the creative solutions youth bring to the table in discussing problems, and for teens to develop group facilitation skills. During the 2008-2009 years, the three forums conducted addressed the topics of Land Use Conflict and The Energy Crisis. As a part of the program, the action team planned activities and forum events in their community and disseminated the information learned and gathered as a result of the forums. Some of the activities included sponsoring an essay and poster contest for Appoquinimink School District on land use and the environment, developing displays and staffing booths at community events that illustrate the issue and provide options for solutions, along with conducting hands-on activities that explained concepts such as wind energy to young children.



Teens developed this display to help others learn about energy issues, potential solutions and how others can get involved.



Students facilitate an issues forum and participants share their ideas, concerns and solutions.

Action team members report gains in their level of understanding of real world issues, as well as increased confidence in developing and testing solutions to the issues.

Many of the youth members report their participation in this program helped them develop better organizational and cognitive skills that enable them to analyze information with a more critical eye. The program exposed teens to other points of view, according to Michael, a 4-H and FFA member, "...being able

to bring in a range of different backgrounds and skills to talk about the problem allowed me to see the problems in a different light and allowed me to take a leadership role in facilitating the generation of new ideas."

4-H Teen Leadership Development

Building Leadership Skills in 4-H Teens

Leadership development is a huge piece of 4-H, and something that is incorporated throughout all aspects of the program. The Jr. Council program is an organization, open to all 4-H'ers age 13 and older, which brings youth together once a month to plan activities and provide input into the county program. Additionally, many of these teens serve as Jr. Leaders in their clubs, where they assist in planning programs and classes for club meetings and projects. They serve as mentors for many of the younger club members, and work in partnership with the adults in the club to implement successful events.

Jr. Leader Weekend Allows Youth to Hone Skills

In an effort to provide a hands-on, concentrated leadership experience, the Jr. Leader Weekend event is held once a year for teens in the county. This weekend overnighiter focuses on teambuilding, leadership, and responsibility, and, of course, some fun.

Goals of the program are for youth to develop leadership skills, problem solving and critical thinking skills, identify issues and plan solutions, develop skills for planning events, and increase the quality of youth adult partnerships. Some outcomes of the program include: teens will be able to lead a group of their peers in an activity, teens and adults will work together in a positive manner to plan and implement 4-H programs and activities, teens will be able to identify issues and take the necessary steps to solve problems and implement creative solutions, teens will plan and implement a fundraising event from start to finish, and teens will work with adults to plan an interstate exchange program with 4-H'ers from another state.

As a result of this weekend event, the New Castle County 4-H Jr. Council has successfully planned and carried out two fundraising events, is planning an exchange trip with teens from another state, and have planned and lead activities for their peers. Participants report the weekend was fun, and they really felt like they learned a lot.



Teen Leader Bobby supports younger members in the Newark Main Street beautification project.

When asked what he thought he is better at doing because of his 4-H involvement he said, "I think I am much better at handling myself in front of people. I have better public speaking skills and I find I am more comfortable and less nervous when presenting."



4-H'ers Lead the Way In Their Communities

Teens throughout the county take on service projects that build their communication and leadership skills. They plan and implement events or projects, either working alone or with other teens, to improve their neighborhoods, assist others or contribute positively to their community. Examples include: beautification projects, University of Delaware Garden for the Community maintenance, A.I. DuPont Hospital community garden maintenance, collecting non-perishable foods, collecting mittens, gloves and scarves, fundraisers, and many more.

4-H'ers conduct water testing.

NCC 4-H'ers Around the State

State 4-H Camping Program

Celebrating its' 60th year in 2008, Delaware State 4-H Camp is one of Delaware 4-H's oldest and most treasured traditions. Each year approximately 180 youth from across the state travel to Camp Barnes in Frankford, Delaware to attend a week long overnight camp. Staying aligned with the national standards the Delaware 4-H camping program maintains standards for educational programming and provides positive developmental experiences for both campers and counselors.

At 4-H camp youth are able to participate in a wide variety of educational experiences including rocket building, food preparation, engineering, nutrition and physical fitness, take part in community service activities and much more. Camp provides youth with a safe place where they feel included and are able to thrive. Skills learned at camp include patience, tolerance, teamwork, and problem solving.



4-H'ers plant flowers as part of a community service beautification project at Camp Barnes.

For the 50 New Castle County youth who attend State 4-H Camp each year, the experience is one they eagerly await. Connecting with friends across the state, learning new skills, and having the opportunity to express themselves in a caring and nurturing environment are experiences they cherish and will stick with them for a lifetime.

4-H'ers at the State Fair

For many 4-H'ers, the state fair in Harrington, DE is a culminating experience. They have worked hard all year on their project areas and have created art work or photo projects, sewn a garment, designed an educational display, grown livestock, harvested vegetables, or prepared recipes. Each entry demonstrates the skills and talents they have developed and the activities important to them.



During the 2009 fair, over 8,700 entries were judged by dedicated volunteers. Entries take many forms. Some entries such as sewing projects, photographs, baked goods, vegetables, fruits, place settings, and educational displays were displayed and judged in the 4-H building (Ice Arena). In addition, livestock entries were judged during competitions when youth work with their animals to easily move them from their pens to the show ring.

Live individual or team competitions such as the Consumer Bowl, Avian Bowl, Archery Tournament, Talent Show, Fashion Review, Tractor and Compact Tractor Driving, Public Speaking and Demonstrations take place. These competitions allow youth to show off their skills live in front of an audience.

Many New Castle County 4-H'ers participate and are winners in the competitions. These youth may be from 4-H Clubs, 4-H afterschool programs, or community sites such as Knollwood or Garfield Park. For many afterschool program 4-H'ers, it's the first time they compete or even visit the Delaware State Fair.

4-H Adult Volunteer Development

Enhancing the Skills of our Talented Volunteers

The success of the 4-H program in New Castle County has a lot to do with the dedication and commitment from its adult volunteer leaders. Ranging from age 21 to 81, 4-H volunteers are some of the most creative and giving people around. Volunteers assist in planning and running events, organize and operate clubs throughout the county, and regularly offer to help out with trainings, events, and programs throughout the year.

With **over 200 volunteers in NCC**, it is vital to offer training opportunities to keep our volunteers up-to-date on the latest and greatest that 4-H has to offer. Different trainings take place throughout the year on specific project areas such as foods and nutrition, aerospace, livestock, or electricity, as well as trainings on the 4-H organization and how to run a successful club. Goals of the program are for volunteer leaders to develop skills in 4-H club management, and to develop skills and competency in 4-H program areas.



Volunteers readying for shooting sports event.



When asked about her volunteer efforts with 4-H, Maureen Ernst (shown above) says, "Working with 4-H has given me a sense of fulfillment, self-worth and self-satisfaction. Spending time with the kids gives me a chance to impact the community."

The goals of the trainings are for volunteer leaders to operate clubs with a clear understanding of all 4-H rules and regulations, utilize 4-H youth development principles and Essential Elements in their 4-H clubs, and to competently guide youth through 4-H project areas. Volunteers who have participated in trainings have reported a better understanding of the 4-H program and confidence in their ability to guide youth in 4-H project areas. The annual leader forum provides an opportunity for leaders throughout the state to learn from each other and content experts. The multi-day training provides the opportunity to hone skills, learn about the new curriculum available, and garner expertise from peers.



Volunteers preparing planters on Main Street in Newark.

4-H and Youth Development



A Day in the Life of 4-H & Youth Development Educator, Jordan Ashby



Within the traditional 4-H program, on any given day an Extension Educator could be doing a whole host of things to coordinate the ongoing activities and support the many volunteers. An Educator follows the 4-H calendar of events and thus my efforts vary based on the upcoming contest or activity. To that end, typically my morning is spent listening to voice messages and checking emails, and addressing issues to ensure all is running smoothly.

Within the 4-H program, I focus my efforts on Science, Engineering and Technology (SET) initiatives, as well as assisting with other 4-H priority areas such as leadership and citizenship development.

One of my roles is to be the liaison for our adult volunteers who are the heart of our program. I provide them with SET trainings, curriculum ideas and materials, and the support to conduct their 4-H clubs to the best of their ability. Another role is to establish programs and activities for our 4-H members on the various SET curriculum or project areas.

I also serve as liaison for the state on a number of important national initiatives. Via conference call with the 4-H Afterschool Liaisons with the National Association of Extension 4-H Agents, I learn about and bring information back regarding funding, regulations, conferences, and upcoming trainings. I also serve as the Delaware Science, Engineering, and Technology (SET) Liaison in which I participate in monthly conference calls, help introduce new and innovative programs to our 4-H'ers, and lead training workshops featuring SET content.

There are a number of delivery modes for 4-H besides the traditional 4-H club setting. An example is the special programs offered through the New Castle County library system. Because of the funding support from New Castle County Government for my position, I help bring 4-H programming resources to the Summer Reading Program and afterschool programming at Garfield Park PAL. School-based programs are another way in which we connect 4-H expertise to youth. Our embryology program brings animal science to the classroom for many students across the county.

Since the 4-H program is ever changing and growing, I never have two days that are the same and I think that is what I like most about my job. And, of course, working with our amazing 4-H youth and adults.



A member of the Delaware Biotechnology Institute on campus leads an activity for our summer camps on gel electrophoresis which separates a sample of DNA for analysis.

4-H: Science, Engineering and Technology

Science, Engineering, and Technology

Recently, National 4-H has restructured itself and focused on three mission mandates; one of them being Science, Engineering, and Technology (SET). Efforts have been put forth to market and introduce innovative SET programming to our youth in an attempt to further prepare them to compete in the global economy.

Through this process, 4-H has linked with many new organizations and strengthened all of their old relationships with SET-oriented companies and groups. A new contact over the last two years was with Agilent Technologies. **Agilent sponsors science kits** that cover a wide range of topics such as Oil Spills, Newton's Rocket Cars, Lighthouses, and Deep Sea Divers. Each kit has enough materials for four youth to participate in the activity, and a booklet is provided for the instructor with plenty of background information to lead the activity. The youth love these kits and ask for them on a regular basis because they are so engaging. In New Castle County, we have used more than 1,200 kits which means over 4,500 youth were exposed to SET activities.



A participant at the Delaware Leaders Forum experimenting with the properties of gas.



Members of the Future Discovery Team 4-H Club use our new Science of Energy curriculum.

Through partnership with the **National Energy Education Development Project (NEED)**, 4-H has access to new curriculum called the **Science of Energy**. This curriculum looks at four forms of energy: heat, light, motion, and chemical. The hands-on experiments offered in these kits reinforce school-based classroom learning, and allow youth to have a better grasp on the material. These kits are often used in our afterschool programming sites.

A third curriculum, **Wonderwise**, partners nine real life **women scientists with science experiments** based on their field of work. Some of the careers include Sea Otter Biologist, Pollen Detective, African Plant Explorer, and Genetic Counselor. Though geared toward a younger age, even our teens love some of the lessons in each unit.

Throughout the 4-H program year, there are multiple competitions for kids to compete against one another. The three SET areas are **Woodworking, Horticulture, and Wildlife Judging Contests**. Youth participate in education opportunities offered by adult volunteers and Extension Educators. Here youth hone their skills. Youth/adult partnerships is a driving force behind all programming within 4-H. Youth learn by doing, and guidance from adults is what carries them to the next level.



Volunteer leaders conduct an electrifying Electricity Winter Workshop.

4-H Partnering with New Castle County Government

4-H and New Castle County Government

Over the past two years, New Castle County 4-H has developed a partnership with New Castle County Government and Community Services Department in an effort to collaborate on program areas and maximize the reach in the community. We have found some fun opportunities to work together.

The NCC **Summer Reading Club** is hosted through the library system. 4-H has provided programming during the summer months on various topics to help supplement the activities the librarians and other organizations are conducting. The themes were Catch the Reading Bug at your Library (2008) and Be Creative at your Library (2009). In addition, we have organized some teen events throughout the school year which had a focus on SET topics.



2008 4-H display for “Catch the Reading Bug” kick-off event, which was the theme for the New Castle County Library’s Summer Reading Club Program.

The County has also helped 4-H generate interest and content around **entrepreneurism through farm stand projects**. New Castle County Executive Chris Coons helped link a 4-H family with a producer through the Buy From Your Neighbor Program which heightens awareness of our local farmer producers. Our 4-H family set up a farm stand at A.I DuPont Children’s Hospital to sell fresh local produce to the employees of the hospital, which in turn helped the hospital’s effort to create healthier eating habits for their employees. Our 4-H’ers have learned how to set up a business plan, create and maintain a budget, as well as develop customer service and marketing skills. This program has thrived and grown over the past two years and is ongoing.

Afterschool at the Garfield Park Community Center has been a project supported by the county and funded by a Community Services Block Grant . It started in January 2009 and continued through end of school in May 2009. We reopened in September 2009 and will continue programming until May 2010. Our program provided homework help, a healthy snack, and 4-H activities to the participants Monday through Thursday. Over the year, we had 29 youth registered with an average of 16 youth attending each day. 4-H activities that the youth participated in throughout the year were Science, Engineering, and Technology (SET), Healthy Living, Food and Nutrition, Stress Management, and Citizenship. Our schedule also featured many guest presenters from places such as Brandywine Zoo, Delaware Museum of Art, and a Double Dutch workshop. One highlight was the youth hosting a talent show that they organized and designed for family and friends.

Program evaluation showed half of the youth attending showed improved attendance and school grades, and parents and students felt the program was beneficial to their family life and the community.



A young scientist examines a sample of material from a cow’s stomach under a microscope at one of our summer camps.

4-H: Agriculture and the Environment

Livestock Education

As was true for the roots of 4-H, animal science is still a large portion of our 4-H program today. Our animal science project areas include, but are certainly not limited to, horse, dairy, swine, beef, lamb, sheep, rabbits, and dog. Not only is there education relating to the health and care of the animals, balanced diet and nutrition information, and species or breed selection, but there is also much preparation for showing their animals in county, state, and national competitions.

A majority of our kids work with their animals on a weekly or even daily basis; thus, a strong relationship is developed. This bond is helpful and plays out when they are in the show ring and can parade their species with ease for the judges. The highlight of our county livestock program each year occurs at the New Castle County 4-H and Smyrna FFA Livestock Classic, which receives over 100 entries in beef, sheep, lamb, and swine each year.



Bryna shows off her first place goat at the New Castle County 4-H and Smyrna FFA Livestock Classic.



Hetty Franke is digging in to compost education during a school enrichment program.

Compost Education is conducted by Hetty Franke who helps primarily middle school-aged youth become better stewards of their environment. She educates them on the proper layering that is needed for healthy composting, the decomposition process, and the science to back it up. Most of the kids know her as “The Worm Lady” because she brings a storage container with her worms, so the youth can get down and dirty with composting material and learn about those most responsible for that process - worms. Over the last two years, Hetty has conducted over 275 compost education programs throughout New Castle County reaching over 15,000 individuals. The impact she has had on our future generations with regards to recycling and composting is simply amazing.

The Embryology Program is designed to provide schools and groups the opportunity to hatch chicken eggs in their classrooms using hands-on learning that coincides with the life cycles curriculum standards. After 19 days of incubation on the UD Farm, 4-H delivers the eggs at the beginning of the week and the students have two days with un-hatched eggs. During this time, they learn about the hatching process and do some activities such as candling prior to the hatch. The baby chicks hatch midweek and youth get to observe them for about two days. This is just enough time to see some of the physical changes the baby chicks go through before we pick them up at the end of the week.

During the 2008-2009 school years, this program served 35 schools and community groups reaching 1,500 youth. Most teachers love the program and report improved student attendance the week the chicks are present. One teacher reported that students with learning and physical disabilities embraced the hands-on experience because it allows them to focus their energy and attention.



Chicks in the classroom.

4-H Summer Camping Programs



4-H Summer Camping Program

What brings over 400 new faces to 4-H each year? Our summer camps! 4-H provides week-long summer camps located at University of Delaware's College of Agriculture and Natural Resources Townsend Hall. The first two weeks of our camping program are offered every year. The first being our Cloverbud Camp designed for youth ages 5-7 years old, and the second is our Newark Day Camp, designed for youth ages 8-13 years old. Both offer a wide range of 4-H project-based classes for campers to participate in throughout the week.

The others weeks of camp vary because they are theme specific such as Science Camp, Fooling with Foods and Fitness Camp, and Environmental Camp. Based on the week of camp, participants might be doing gel electrophoresis which maps out DNA sequences, feeding a newly born calf, looking at experiments under a microscope for food digestion, or collecting insects from a decomposing chicken carcass for forensic entomology studies. However, at the end of all our camping weeks, youth go home tired, enriched and, most importantly, smiling.

Summer Camps have also been held at Shue Medill Middle School and in the Knollwood Community in Claymont. Camps at these locations are funded through special grants and are several weeks long. Youth participate in the same exploratory activities and are exposed to a wide variety of science, math, language arts, reading, career exploration and artistic activities during the themed weeks .



Campers learn archery skills, as they participate in many outdoor camp activities.

4-H Counselor-in-Training (CIT) Program

Each year during our Newark 4-H Day Camp, we hold a smaller camp simultaneously called our CIT Camp. This camp is designed to prepare youth who are 12 and 13 years of age and are interested in becoming a counselor at future day camps. Each morning, CIT's meet together to receive training on behavior management, team building activities, lesson planning, 4-H camp songs, and other valuable information. Later in the day, they are partnered with an experienced counselor and their respective camp group to observe how to interact with the campers, lead an afternoon class, and handle transition time between activities. As the week progresses, CIT's are asked to lead assemblies, assist in teaching classes, and/or implement icebreakers and other traditional camp activities with the campers.



This exposure allows the CIT's to get a feel for what they will be expected to do if they return as a counselor. It helps them build confidence in their leadership abilities, while having an experienced counselor with them to guide them along. At week's end, CIT's walk away with a great understanding and experience of what it is like to be a 4-H Summer Camp Counselor.

The Counselor-in-Training Camp graduates are added to our mailing list for next summer's camp counselors. They are also invited to join the Counselor Club which meets throughout the year to continue their training, and to register to be a 4-H Summer Camp Counselor for the upcoming year.

As campers age through our 4-H Summer Camping program, they look forward to the time when they can be a Counselor-in-Training and then a 4-H Counselor. It provides the youth with a goal and many want to model the great counselors they had when they were a camper.

4-H Healthy Life Series



A Day in the Life of 4-H & Youth Development Project Coordinator, Karen Johnston

Hi! I'm Karen Johnston and I am the Coordinator for the *Health Rocks!* Program in Delaware. Delaware 4-H has been a leader in the field of youth tobacco prevention since 1998 and I have been privileged to carry on the tradition since 2007.

The Health Rocks! Curriculum, sponsored by the National 4-H Council, has expanded beyond tobacco prevention. Upon completion of the program, students comprehend concepts related to health promotion and disease prevention; analyze the influence of family, peers, culture, media, and technology on health behaviors; demonstrate the ability to access valid information, products, and services to enhance health; enhance communication skills to avoid or reduce health risks; and learn goal-setting skills to enhance health.

In 2008 we trained over 1,200 youth statewide at over 30 locations in the curriculum for 8-12 year olds. In 2009, a new intermediate curriculum was introduced for grades 5-8, and our newest team of 10 trainers has reached over 700 youth since May 2009. The training is done by youth and adults working together. This is one of my favorite parts of the job - helping youth to become facilitators and educators!



Health Rocks!

4-H ■ HEALTHY LIFE SERIES

As one of my youth trainers has commented, "I love teaching Health Rocks because not only do I get to show other kids the dangers of drugs, but I also learn about it myself." One of our eight-year-old participants said he likes the program because "it saves people's lives."

The program is fun, fast paced, free, and a great addition to any health education! Following the training, 99% state they know how to make healthy choices!

Health Rocks! consists of 10 modules, and can be completed in a minimum of 5 hours, whether that's one hour a day for a week, one full day, or in 1 to 2 hour segments. All participants who complete the 10 modules receive a Health Rocks! String Pack as acknowledgement of their participation in the program

I know you'll love this program as much as I do. For more information on having Health Rocks at your location, or having your youth trained to be trainers, contact me, at krjohn@udel.edu or call 302-831-8866.



Teen leader Bobby works with students at Tutor Time childcare center in Newark.

Quality Afterschool Programming



A Day in the Life of 4-H & Youth Development Afterschool Programs Educator, Carol Scott

A typical day for me involves contact with individuals and groups of stakeholders interested in providing quality, affordable afterschool programming for children and youth in New Castle County and throughout the state. As a 4-H Afterschool Extension Educator, my primary role is to develop, implement, and monitor quality afterschool programs in partnership with schools and community centers to provide afterschool programming for children in grades K – 8. To develop and implement afterschool programs, it means I meet with children, afterschool staff, teachers, parents, school administrators, community members, youth development professionals and potential funders, to determine the needs and interests, identify the 4-H resources that fit the need, and then develop the funding streams to support the programs. I oversee the staff and program efforts at several sites and therefore am a liaison with University and Extension resources, as well as people such as licensing specialists at the Office of Child Care Licensing. To ensure quality programming, our locations provide training and support for new afterschool staff by facilitating the new Introduction to School Age Childcare course required for all new staff who lead afterschool activities and work with children. I particularly enjoy planning and implementing training opportunities for 4-H afterschool sites.

Building Partnerships and Community Resources

Part of my work involves meeting with community members to strengthen the network of people working in the afterschool field. I am a member of the statewide Delaware Afterschool Alliance network, working to build a structure of statewide partners focused on supporting policies that will sustain and grow quality afterschool programs. In this role, I worked on the annual training conference, Legislative Hall visit, and annual Lights On Afterschool Day events.

Providing Quality Training

Cooperative Extension has a history of offering quality out-of-school time programming for school-aged youth. As afterschool care has evolved, so has the need to provide training and expertise to those taking care of this unique age group. Another role I play is to provide training to teachers and child care providers. From the basics in youth development to fun yet educational curriculum, I offer quarterly training throughout the state.

This past year, I had the honor of serving as the Delaware Afterschool Ambassador with the National Afterschool Alliance, culminating with a trip to advocate for continued support of afterschool programs at the Afterschool for All Challenge on April 28, 2009, in Washington, DC.



Delaware Afterschool Advocates at the
Afterschool for All Challenge.

Quality Afterschool Programming

Building Competencies of School Age Professionals

Over the last two years, funds from the **MetLife Foundation** assisted us in reaching over 1,050 afterschool professionals through a statewide conference and workshop venues, covering topics that address the new statewide competencies of Youth Development, Curriculum and Learning Environment, Promoting Health and Safety, Social and Emotional Wellness, Observation and Assessment, Professionalism, and Partnerships with Families. Our team of extension professionals developed and piloted the new Moving Youth Ahead curriculum, adding fun, interactive strategies for teaching crucial program elements to afterschool staff statewide.



Participants in Moving Youth Ahead Program.

Participants in the Moving Youth Ahead training program gain valuable skills in program management in interactive professional development training sessions. Recent participant Donna Boney said, “The program brought a lot of things to light about how we can better educate our children. It was good!”



Learning to Serve at Brandywine Park in Wilmington.

Sample School Age Child Care Workshop Topics

- Using the learning web to plan learning activities
- Managing Difficult Behaviors
- Moving Youth Ahead
- CPR/First Aide
- Program Management
- Conflict Resolution
- Managing Various Behavior Disorders
- Videography Workshop
- Counselors in Training Program
- Introduction to School-Aged Care

Improving Afterschool Out-of School Time for Youth

4-H Afterschool programs have the opportunity to provide hands-on learning in science, engineering and technology, healthy living, youth leadership, and service learning in informal “afterschool style” settings right after school and during the summer. Our work is to identify and support facilitation of best practices programming that builds on youth/adult partnerships to bring real-world experience to youth. In NCC, over 300 youth participated in daily afterschool and summer theme camp programs at five school and community-based locations.

Participants in the middle school “Summer of Service” camp program learn leadership and community service skills while volunteering at community parks.

Extension Youth Research Study



A Day in the Life of 4-H & Youth Development Educator, Shue-Medill Afterschool Site Coordinator, Veronica Commodore

I am fortunate to have a job that allows me to start my days in many different ways. My mornings are spent supervising my public ally or intern on the projects or lessons they are working on. I return parent phone calls and emails ranging from new registrations to student behavior. My afternoon is spent contacting school and district administration arranging transportation and discussing logistical changes. However, my day really begins when the Shue-Medill Middle School bell rings at 2:02 pm and the students arrive. I hear all about the good or bad day they had in school, welcome new students, hand out registrations to potential students, say hello to our favorite secretary, wave to the Principal, speak to the Dean, ask several students if they have all of their homework (then write a few hall passes so they can go back and get it!), and then homework time begins at 2:20 pm. My staff assists with homework while I try and catch up on some paperwork. When homework is completed, we conduct our enrichment activities. They can range from an exciting game of mat-ball or knock-out, to cooking, dance, aerobics or robotics activities. Whatever it is, the students are excited about it! Finally, it's time to pack up for dismissal. I say hello to parents picking up, update them on their child and say goodbye. The bus has arrived and the remaining students are sent home with a resounding, "Have a nice night, see you guys tomorrow" from the staff. Tomorrow I will come back and do it all again!

Shue-Medill Middle School

The 4-H Afterschool program at this middle school is funded by a Delaware Department of Education 21st Century Community Learning Center grant that supports innovative quality afterschool programs. Since 2008, 200 youth have participated in school-based programming in the afterschool time that includes snack, homework help, and enrichment activities. Program participants enjoy the enrichment activities and chance to socialize with friends. Teachers report that over 50% of the participants have improved their homework completion and participation in classroom activities.

Through enrichment activities, youth are exposed to hands-on activities that build their science, reading, math, language, interpersonal relations, leadership and decision-making skills. They can engage in the broader 4-H activities such as public speaking and favorite foods contests.

Shue-Medill 4-H program was able to participate in a pilot program with the National 4-H; the Power of Wind is a new curriculum geared towards exposing students to wind power and science related careers. Forty students completed a post-survey and participated in 15 lessons on the power of wind. The students then completed an online post-test. Students reported increased awareness of environmental issues and potential science related careers. We were fortunate to have Mrs. Tara Maloney-Wheeler from National 4-H Council visit our program to observe implementation techniques.



Youth and their families from Shue-Medill participate in 4-H Achievement Night in Newark where select 4-H'ers are recognized for their achievements.

Extension Youth Research Study

UD - Middle School Partnership



In the spring of 2009, students from the 4-H Afterschool program at Shue-Medill Middle School became involved in the Extension Youth Research Study. As a part of this study, students from the afterschool program were paired with University students and participated in a one-on-one tutoring and mentoring program.

On October 29, 2009, students from the 4-H Afterschool program were the first to attend the new

University of Delaware college tour specially designed for middle school students. The tour began with at the Perkins Student Center where we had a Q & A session with an Admissions Counselor and two UD Students. Students reported increased interest in college and what kinds of careers they wanted to pursue.



Youth visited the dairy barn at UD College of Agriculture and Natural Resources.



We then boarded our bus and traveled to Townsend Hall where we met with Dean Yackowski and the AG Ambassadors. We learned all about the College of Agriculture and Natural Resources and what it is like to be a student at UD. Our favorite part of the tour was our tour of the UD Dairy Farm where we saw the cows being milked.

The fall of 2009 began with the implementation of a tutor/mentoring program. We enlisted 15 college students from the University of Delaware to serve one or two days a week for one hour, helping students with homework, projects, and engaging in life skill development. Our goals for this component were:

- * To engage students by providing one-on-one college student mentors to help them with their homework
- * Increase in accountability and willingness to bring homework
- * Provide a positive role model and support system for our youth

Twenty students participated throughout the school year. This program yielded positive feedback from students, parents, and mentors alike. When surveyed at the completion of the program, one student summed up his experience by saying, "It was really nice having someone ask me about my day."



Youth hear from college students about life at college.

Botvins Drug & Alcohol Prevention



Botvins Drug & Alcohol Prevention and LifeSkills Program

As a part of the National 4-H Healthy Living Mission Mandate, Delaware 4-H has operated the Botvins Drug & Alcohol Prevention and LifeSkills program. Led by 4-H Extension Educator Jill Jackson, this program is taught throughout all three counties in a variety of settings, including school enrichment and out-of-school time.

Designed for youth age 10-14, the curriculum incorporates hands-on learning activities and games. The program consists of 15, one-hour

sessions and includes topics such as self-image, decision-making, negative effects of drugs and alcohol, violence in the media, and conflict resolution among others. Evaluations of the program show that youth participants drug refusal skills increased significantly, as did their skills in assertiveness, anxiety reduction, and self-control.

In 2009 an Elementary LifeSkills program was piloted in New Castle County, reaching 130 youth in the county. This program included lessons about self-esteem, decision making, smoking, advertising, stress management, communication, and social skills & assertiveness. Each of the sessions lasted approximately 45 minutes and was primarily composed of hands-on activities.

Programs were taught at both schools and community organizations including the YMCA and 4-H Afterschool programs.



Youth are asked to develop and then present a tool that will help share their new understanding about drug tobacco use prevention.



Over 60 students from the Appoquinimink Boys & Girls Club in Middletown led an Anti-Smoking Parade through Middletown, Delaware. The students also participated in an Anti-Tobacco Carnival afterwards.

Most youth who participated in the program reported an improvement in their decision-making, assertiveness, and communication skills. In addition, most reported learning techniques for resisting tobacco, drugs, & alcohol. The program has been funded again for 2010.

Family & Consumer Science Education



A Day in the Life of Family & Consumer Science Educator, Maria Pippidis

The needs of families during this time in history are great. Though information abounds, helping individuals sort through what is fact and fiction, as well as engaging them in ways that build confidence to learn “how to” and then “do it,” has never been more important. As the Family and Consumer Science Educator, my work focuses on translating research into useable strategies in the areas of financial management, nutrition, food safety, human/child development, leadership and adult education. My audiences include individuals, families, small businesses, organizations, and sometimes the people these individuals or groups reach. What is truly unique is the breadth of knowledge I have access to so that holistic solutions can be presented.

A day or week in the life of an Extension family and consumer science educator is varied. It is my job to answer questions of callers. Some of these calls are seasonal, such as, “How do I best preserve the green beans my family has grown?” Cooperative Extension is the only local resource for addressing home food safety questions. I get many calls when the electricity goes out, asking what to do with the food. Another good example is after winter holiday season, when the typical call may be, “I’m over extended in my credit; what is the best way to pay it down?” As issues arise in families and communities, individuals know they get excellent information and service from Cooperative Extension, so they call.

I plan, market, and implement educational programs. In any given week, I may be conducting two to six programs, while determining current needs and scheduling future programs. I work in partnership with organizations that have educational needs for their clientele, so I may be consulting with them to develop a resource or educational workshop that will meet the needs of their clientele.

Because we are a trusted source of information, I provide expertise to the media, community organizations and coalitions. I work on committees that address community issues such as the Cooperative Extension Call to Action to Address Hunger in Delaware Committee, the Pencader Hundred Community Leadership Committee, the Delaware Money School, the New Directions Early Head Start Advisory Board, and others.

I help to manage volunteer groups such as the Master Foods Educator Volunteer program that educates citizens interested in nutrition and food safety. These volunteers help provide workshops, staff educational displays, and provide information. The members of the New Castle County Association for Family and Community Education conduct service projects and educational programming. Both these groups are instrumental in extending Cooperative Extension’s ability to reach additional audiences.



Members of the NCC Family and Community Education club make and donate lap quilts to wheelchair-bound individuals.

I serve as the County Director for the staff of the New Castle County Extension office. In this role, I support the other educators in this office, manage budgets and facilities, determine program impacts, and liaison with University and Extension managers and directors.

As the Family and Consumer Science Educator or as County Director, my job is about building confidence and providing education to help people improve their lives.

Building Healthy and Financially Secure Families

Building Financially Secure Families

Financial security is a foundation for the stability of families. Helping people build their financial management, credit use, savings, and consumer decision-making skills is the focus of my programs. Forty-seven workshops reached 749 adults. Audiences ranged from those who filed bankruptcy completing compulsory training, to child care providers and other small business owners, to parent groups, teens, and seniors managing on limited income.



Two Cent Tips for Delaware was launched in May 2009 as a way to provide short, informative news you can use in the area of financial management and consumer decision making. Back issues can be found at <http://ag.udel.edu/extension/fcs/TwoCentTips.php>. Readers can present topics for future stories, provide savings ideas, and easily pass this newsletter along to others. Over 250 people currently subscribe to the newsletter, while many others pass the newsletter along to their employees. Subscription numbers are growing steadily.

A College Student's Guide to Credit Website Unveiled

College students are one demographic group that has been targeted for consumer credit, and many get in over their heads by the time they finish college. To help provide information to college students, a website was developed. A college Student's Guide to credit can be found at: <http://ag.udel.edu/extension/fcs/credit.htm>



Master Foods Educator Volunteer Program

Obesity prevention, heart health, food safety, wellness and healthy lifestyles are at the forefront of concerns for our families and communities. There is also the need to expand the reach of Cooperative Extension programs as well as build skills of community members who can reach into their own circles to teach others. The Master Foods Educator volunteer program does just that.

In the fall of 2009, eight volunteers completed 30 hours of training in nutrition, food safety, disease prevention, and wellness. They are expected to complete 40 hours of volunteer time by assisting with educational programs in the community. From staffing nutrition education displays, to conducting food demonstrations to hosting workshops, they will help reach more people with appropriate health messages that will assist our residents make healthier food choices and prepare foods safely.



Volunteer Master Food Educator
Class of 2009

Meal time in Less Time, Healthy Snacking, Crock Pot Cooking, Using a Pressure Canner Safely, Fruit and Vegetable Safety, and What's the Fuss about Whole Foods are just a few examples of programs offered over the past two years, and in the future will be initiatives of the volunteers in collaboration with Extension professionals.

Strengthening Child Care Programs

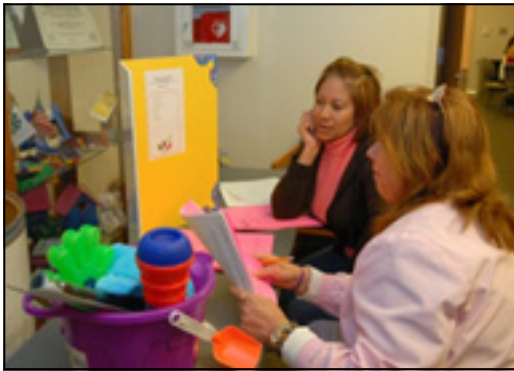
Strengthening Delaware's Child Care Programs

Childcare providers are one of the most important resources for families in our communities. They support families by caring for our children, training our children, and often times are the experts parents turn to. They are required to attend training programs for their licensure and, while many providers have been in the business for years, they have a need for updated information as well as creative strategies to support child development and learning.

During the 2008-2009 program years, the family and consumer science program reached 1,092 early and school-aged childcare providers. Individuals had the opportunity to attend over 45 workshops or about 120 hours of training.



Providers learn activities they can use to increase physical activity of children in their care.



School-age providers explore tools to help manage programmatic transition times.

Moving Youth and School-Age Providers Ahead

Also during this time-period, I assisted in the development, pilot testing, and creation of the *Moving Youth Ahead* training curriculum for providers working with school-aged youth. This 60-hour training will eventually be apportioned into four, 15-hour trainings. Funds from the Department of Education helped to support this project that was jointly completed with professionals of the University of Delaware Center for Disability Studies and Cooperative Extension.

Sample Early Child Care Workshop Topics

- Planning nutritious meals
- Integrating physical activity into child care programs
- Preparing food safely
- Managing business finances
- Creating emergency preparedness plans
- Bike and car seat safety
- Managing behavior in positive and supportive ways
- Understanding and working with youth who have special needs
- Communicating effectively with parents
- Developing age-appropriate skills in art, math, language and science
- Recognizing and managing behavioral disorders



Providers learn about age-appropriate toys and child safety.

Keeping Food Safe

Keeping Food Safe in the Home and in Our Communities

Consumer concern about food safety has increased as news of outbreaks hits the press. Where food comes from, how it is handled as it is harvested and distributed through the food system, and how it is prepared and served in retail establishments are concerns of our public. Helping build the skills of consumers, quantity food preparers, and food producers continues to be an issue Cooperative Extension addresses.

The **Dine Safe and ServSafe®** Certification programs continue to be a key educational program offered. Nineteen workshops helped over 200 quantity food preparers from churches, fire halls, restaurants, childcare programs, and other businesses identify the strategies they can use to keep food safe and their businesses solid. Dine Safe is a University of Delaware Cooperative Extension program geared to front line employees. It boils down the essentials into a three-hour class. ServSafe® is a national certification program offered to restaurant managers and chefs.



Master Foods Educator
Volunteers demonstrate
proper food handling.

Proper Food Storage and Home Food Preservation

With the economic downturn in 2009, requests for proper food storage and preservation increased. Over 130 individuals attended programs to build their skills in home food preservation and canning, and 35 canners were tested for effective and safe seals. “How To” publications were mailed to 150 consumers and Master Gardener volunteers were trained so they could help refer callers to appropriate sources of information.



Proper canning procedures are reviewed
in the Food Preservation 101 class.



Good Agricultural Handling Practices Prevent Food Borne Illness

A new initiative developed by the Family and Consumer Science and Agriculture Extension professionals focused on building the good agricultural practices and good handling practices of farm operators, direct marketers, and farmers market personnel to ensure that as foods are harvested, packaged, distributed, and in some cases sold to consumers, best strategies are implemented. Statewide over 150 individuals have participated in this training. By attending this program, producers can earn a voluntary Delaware Department of Agriculture Food Safety Certificate that identifies them as having taken training that promotes safe food handling practices.

Expanded Food and Nutrition Education Program (EFNEP)



Carmella Johnson
Nutrition Assistant

A Day in the Life of the Nutrition Education Personnel: Carmella Johnson, Cynthia Slater, and Betsy Morris

Our day as Nutrition Assistants can begin many different ways. Some days we are grocery shopping and preparing food to take out to our programs. Other days may consist of contacting our partners at community centers or other organizations to set up programs, following up on participants, or touching base before we arrive. We may be preparing for a demonstration at a super-market or getting our materials ready for summer camp programs. Every day is different.

Some of our best days are when we revisit a program and get feedback from the participants saying how they've reached the goals they have set during the program. We appreciate knowing a few changes made by someone can make a big difference for themselves and their family.

As we go out into the many communities to teach youth and families the importance of nutritional well being, we have also incorporated these same practices within our own families. We often share stories with the participants so they know they're not alone with the uphill struggles of finding ways to stretch their food dollars, select and buy nutritious foods, manage a budget, and use safe food handling practices.

As we venture out daily to the different organizations, we realize the people we meet are everyday people such as ourselves and we give them the best service possible. The programs we offer help individuals and their families:

- Plan healthy meals
- Increase their knowledge of good nutrition
- Improve their overall diet
- Make meal time more pleasant
- Understand information found on food labels
- Stretch food dollars
- Prepare food safely

It takes planning, time, and plenty of phone calls to build relationships with our partners in the communities we serve. The work is interesting and fulfilling, and at the end of the day we feel we have made a difference in the lives of the people with whom we work.



Cynthia Slater
Nutrition Assistant



Betsy Morris
Nutrition Assistant

Nutrition Education to Build Healthy Families

Working with Adults to Build Healthy Families

The Expanded Food and Nutrition Education Program (EFNEP) and FoodSkills Program target low-income audiences in New Castle County. EFNEP is the federally funded nutrition education program for limited-resource families with young children educating families since 1969. FoodSkills, a part of Delaware's Supplemental Nutrition Assistance Program – Education (SNAP-Ed) program, reaches individuals and families without young children and is funded by federal money matched with state dollars.

By collaborating with community centers, churches, and other organizations, workshops are offered to small groups. Sometimes, one-on-one instruction is provided as well. Our programs offer a series of lessons that teach nutritional education, food safety, budgeting, and reading labels. Our goal is to help families make healthier food choices, strengthen food preparation skills, and demonstrate and distribute healthy recipes. We provide them with the skills to make more informed decisions when they shop and how to expand the uses of their limited resources. Providing this information for the participants helps them to become more efficient in purchasing, preparing, and cooking food while keeping it safe. In turn, they disburse this knowledge to their children and other family members.



The food safety lessons demonstrate tips on how to help prevent unnecessary and costly waste of food through spoilage and mishandling of foods during storage, defrosting, preparing, and managing leftovers. Learning good food safety practices helps to extend the life of food and cut down on food waste. Good practices help prevent cross contamination of food borne illnesses from one food source to another food, and a food source to a person. Both are important in keeping a low income family healthy and avoiding any unnecessary medical bills.

During the 2007-2009 school years, more than 500 low-income individuals participated in either EFNEP or FoodSkills in New Castle County. Fifty percent of these individuals had children, with 78% of these children under the age of 12 and 49% under the age of five. Forty-four percent (44%) were enrolled in one or more food assistance programs at the start of the program.

Program Results

Pre- and post-surveys show EFNEP families improved their food choices. Graduates showed positive changes by improving their intake of the following foods in the recommended amounts:

- 42% improved grain consumption,
- 57% improved vegetable consumption
- 14% improved fruit consumption
- 43% improved their meat/meat alternative consumption to more healthy selections

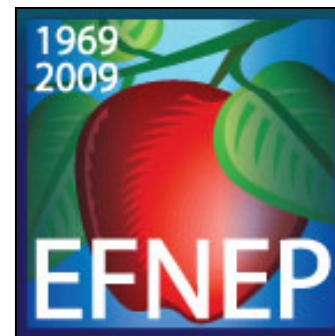
In addition to changes in food selection:

- * 50% improved one or more food resource management practices (i.e. plans meals, compares prices, does not run out of food, or uses grocery lists)
- * 50% improved one or more nutrition practice (plan meals, makes healthy food choices, prepares foods without adding salt, reads nutrition labels, or eats breakfast)
- * 38% improved safe food handling practices (not letting food sit out or defrosting at room temperature)

Nutrition Education at Summer Camp, Supermarkets and Washington, DC

Celebrating 40 Years

Grounded in sound principles that value education, the role of the family, and the importance of choice and self-sufficiency, the EFNEP program celebrated its 40th anniversary in 2009. The program embeds research about and the life experience of individuals in their communities, and as adults learn by doing, they gain knowledge, skills, and confidence in their ability to have a more healthful diet.



For 40 years, EFNEP has reached people where they are by helping them find solutions to address real and basic needs regarding personal economics, education, and health. Over the years, the program has changed to address national priorities, emerging research and educational methods, technological advances, and yet it is still grounded in addressing these basic issues faced by families.

To celebrate EFNEP's 40th anniversary, Delaware's EFNEP personnel attended a national celebration in Washington, DC, where they learned about emerging issues, EFNEP in the Farm Bill, Communicating Nutrition messages, Understanding Generational Differences, Working with Partnering Agencies, MyPyramid Menu Planner – A Cool New Tool and other topics. They also visited with Delaware's legislators to share the success stories of Delaware's EFNEP/FoodSkills families and the summer camping programs.

Summer Camp Programs

Each summer, the Nutrition Assistants turn their attention to summer campers and youth. By partnering with area organizations, a week-long summer food experience is provided teaching food preparation, food safety, and healthy food choices. Youth follow recipes, prepare foods and then taste test items they may not get the chance to taste at home. They learn food safety, healthy snacking, and simple food preparation. During the summer of 2008, 227 children participated in "Don't Bug Me" which focused on the theme of food safety; during 2009, 388 youth "Explored My Pyramid" which addressed the food guide pyramid. The hands-on learning activities were enjoyed by all.



Summer campers enjoy their creations.



Supermarket demos show how to save on grocery bills.

Supermarket Demonstrations and Information

Changes in the WIC program allowed for vouchers that had to be used on fruit and vegetable purchases. To encourage the use of the vouchers and assist consumers in how to improve their consumption of fruits and vegetables, demonstrations, written literature, and recipes were stationed at several supermarkets in the county. Visitors could ask questions about the voucher program, as well as receive guidance on stretching their food dollar, meal planning, and safe produce handling.

Good, Green Horticulture



A Day in the Life of Horticulture Educator, Carrie Murphy

It's an exciting time for horticulture in New Castle County. Residents and the commercial landscape industry in New Castle County are seeking new ways to achieve sustainability in the landscape, to improve storm water management systems, and to further "green" their home landscapes and businesses. It is this strengthening trend that has driven, and at the same time, insured the success of Extension's horticulture programs.

My day is balanced amongst managing the Master Gardener volunteers, responding to requests for commercial horticulture training or information, providing technical assistance to commercial businesses, home gardeners and community gardener organizers, or developing my next workshop.

Meeting the horticultural needs of our New Castle County community is demanding, but so fulfilling. Together with over one hundred Master Gardener volunteer educators, our program responds to gardening and landscape questions by phone and e-mail daily. We prepare and deliver dozens of gardening and industry workshops and demonstrations throughout the county for both youth and adults. We conduct on-site field and home visits to troubleshoot landscape issues and evaluate plant and insect specimens, and we work with the plant diagnostic lab to accept plant and insect specimens for evaluation in our office.

Visitors to our Extension office are always welcome; we're proud of our educational composting demonstration site, our raised bed vegetable gardens, and native plant and certified backyard wildlife habitat garden.



The Native Plant Demonstration Garden outside of the Extension Office is designed, installed, and maintained by Master Gardener volunteers.



Additionally, upon visiting, you will never leave empty handed; we help dozens of visitors daily to find the information they need for success, through the use of horticulture fact sheets, pamphlets, bulletins, and soil test kits. Rain barrels and compost bins have been fast sellers this year as residents of the county do their part to create environmentally-friendly landscapes, increase water collection, and compost lawn, kitchen and yard waste.

Participants built over 50 rain barrels during a 2009 workshop.

Master Gardener and Home Horticulture Program

Home Horticulture Education Fortified by MGs

The Delaware Master Gardeners (MGs) are volunteer educators whose mission is to provide residents with information to make the best possible choices for managing their home lawns and gardens in ways that are environmentally responsible. The New Castle County MGs have in common a love of plants and nature, and a desire to share their knowledge with others.

There are several program areas in which the New Castle County Master Gardeners volunteer their time including Workshops and Speaker's Bureau, Youth Education, Telephone and Diagnostics, Teaching and Demonstration Gardens, and Expert Eye. As part of Workshops, Speaker's Bureau, and the "Expert Eye" program, Master Gardeners develop and deliver a wide variety of workshops and lectures for adults, either at our facilities or in the community, and conduct on-site consultations to help troubleshoot landscape issues. They reach out and connect with the residents of New Castle County, and introduce and reinforce a variety of topics such as composting, pruning, native plants, garden design, water conservation, growing fruit and vegetables, and lawn care. The workshops, presentations, and on-site consultations provide homeowners with a practical, hands-on education with an emphasis on environmentally-friendly gardening practices. In 2009 our workshops and speaker's bureau reached over 500 NCC residents. And, the "Expert Eye" program conducted more than 30 home landscape visits.



The MG Diagnostics team looks at plant specimens, identifies problems and makes recommendations.

Master Gardeners who volunteer for the **Junior Gardener program** visit thousands of students in public and private classrooms each year to teach children about topics including composting, bees, trees, and butterflies. Our programs have been presented to 557 classes in 55 different schools over the past two years, reaching well over 10,000 students. Master Gardeners present their interactive programs in the schools to grades K-4; these programs introduce and/or reinforce the state science standards.



Signage for the composting and vegetable garden demonstration sites was installed in Fall 2009.

The **telephone and diagnostics team** responds to almost 2,000 inquiries each year on topics including soil and plant nutrients, disease and pest identification and treatment, water conservation, wildlife habitat, and more. In 2009, more than 200 plant and insect specimens were submitted and evaluated in the New Castle County office, and Master Gardeners responded to more than 1,100 phone calls via the Garden Line.

Master Gardener **teaching and demonstration gardens** include compost, raised vegetable garden and integrated pest management sites, and a native plant garden and certified backyard wildlife habitat. The Master Gardeners design and maintain these sites for the purpose of teaching good horticultural practices. Other Master

Gardener programs include community gardens, various community events including Ag Day at the University of Delaware, Newark Community Days, the Italian Farmers Market in Wilmington, and the Peach Festival in Middletown. Our demonstration sites attract hundreds of visitors, and our presence at community events allows us to interact with thousands of New Castle County residents annually.

Making Sound Choices to Create and Sustain Livable Landscapes

In 2008 and 2009, the Master Gardeners offered programming that responded directly to the needs in our community. Two workshop series, **Grow your Own Food: Basic Vegetable Gardening** and **Keep it Green**, attracted more than 150 participants, many of whom were new to our Extension programming. Both workshop series were so successful that we turned away dozens of people after reaching maximum capacity.

Offered for the first time in Spring 2009, the **basic vegetable gardening** workshop series attracted first time gardeners. In this series, we covered the basics of vegetable gardening from soil preparation to vegetable selection to putting your garden to bed at the end of the season. Other topics covered included raised bed gardening, Integrated Pest Management (IPM), and three-season gardening. The series aimed to help community members grow their own food, choose what to grow, to encourage sustainable growing techniques, and to “keep it local.” Another goal of the series was to help people get “back to basics” and save money; the workshop advertised “Why spend extra money at the grocery store when you can grow healthy and delicious vegetables right in your backyard?”



Participants gather around the raised bed vegetable garden demonstration site.

When asked, “What did you appreciate most about the basic vegetable gardening workshop series?,” participants responded, “the wealth of information provided,” “the practical hands-on approach,” and “the knowledge, tips, and personal experiences of the instructors.”

The **Keep it Green** workshops series, offered in Winter 2008 and 2009, consisted of environmentally beneficial workshops for the home gardener. Highlighting healthy soils, composting, native plants, water conservation, and gardening for wildlife, this workshop series was so wildly popular that it was offered again in 2010. The program’s main goal was to introduce participants to simple techniques to “green” their backyards, discover ways to improve and maintain their soil, learn how to select beautiful, low-maintenance native plants, adapt new methods of water conservation, and learn how to create a backyard wildlife habitat.



“Grow Your Own Food Series” teaches Vegetable gardening practices.

Participants responded to the question “How did you benefit from this program?” with the following comments: “I’m using water more wisely,” “I’m more environmentally aware,” and this series “made you really think about the environment and what we as individuals can do to help in our own area.”

This workshop series and our New Castle County Master Gardeners received the **International Master Gardener 2009 Search for Excellence Award**.

Growing Good, Green Volunteer Educators

Master Composter Volunteer Training

In 2008, twenty-three new Master Composter volunteer educators participated in statewide Master Composter Training, in New Castle County. In partnership with Delaware Solid Waste Authority (DSWA) and the Department of Natural Resources and Environmental Control (DNREC), this program was designed to train gardeners, homeowners, community and civic association leaders, educators and green industry professionals to disseminate information and provide training on home composting to the residents of Delaware.



Master Composter Gail Hermenau conducts a composting workshop.



Master Composter trainees gather around the compost demonstration site.

The training was scheduled for three Saturdays in November; instructors included Extension, other county and state professionals, and current Master Composters. Lecture, workshop and hands-on experience with tools and techniques helped participants learn about the biology, chemistry and methodology of composting, the use of finished compost in the home lawn and garden, and educational program development, implementation and evaluation.

Full Master Composter certification and recognition requirements included attendance at all class sessions, including participation in a hands-on spring

composting event, scores of 70% or better on two brief take-home quizzes during the training period, and implementation of at least one composting project in New Castle County by the end of Fall 2009. As a result of this training, more than ten compost projects have been developed throughout the county, and compost awareness has been heightened.

Our Master Composter volunteer educators are everywhere in the community. Master Composter Gail Hermenau delivers composting workshops as part of the New Castle County Master Gardener workshop series in both fall and spring, and also oversees the maintenance of the composting demonstration site at our New Castle County Extension Office. Master Composter Clyde Roberts coordinates the distribution of hoop compost bins to vegetable gardeners at the Delaware Nature Society garden plots for use in their gardens.

In Spring 2009, Master Composter Nathan Blumenfield conducted a workshop at Baylor Women's Correctional Institution, where ten inmates learned about soil, nutrients, and ideal conditions for making compost. Other projects have also developed with the assistance of the Master Composter program including the development of Blue Hen Organics Compost Facility in Dagsboro, Delaware; hands-on compost instruction at Wilmington's first urban farm on Twelfth Street and Brandywine; and various workshops, demonstrations, and distribution of literature throughout the state of Delaware.

Growing Good, Green Volunteer Educators



During training, trainees learn how to examine and diagnose plant problems.

New Master Gardeners Trained

Thirty new Master Gardener volunteer educators were trained in spring of 2009. Topics covered in training included plant growth and identification, soils and plant nutrition, integrated pest management, lawn management, composting, vegetable production and more. Complementary sessions focused on educational program development, delivery, and evaluation. University faculty, Extension professionals, and Master Gardeners served as instructors.

Throughout the training, MG trainees are encouraged to participate in the ongoing Master Gardener program initiatives. In this way they become familiar with the programming efforts, meet current Master Gardeners,

and begin earning their hours for the year. To graduate, trainees attended each of the 24 training sessions, performed at 70% or better on three written take-home examinations, and completed four apprenticeship experiences across the MG service areas.

Once training was completed, the program participants completed a minimum of 40 volunteer hours and five hours advanced training in order to receive full Master Gardener certification. Many exceeded their hour requirement within the first year.

This new class of volunteers has brought new ideas, energy, and additional program resources with them. Some have updated or taught junior gardener programs, served on the steering committee, revitalized the community events presence, joined the diagnostics team, built and maintained the demonstration vegetable garden, and assisted with workshops, speakers bureau and expert eye teams.



Master Gardener Class of 2009 poses by the demonstration vegetable gardens.

Advanced Training for Current and New Volunteers

Master Gardeners must complete five hours of advanced training, on top of 30 hours of volunteer service, per year. This advanced training aims at providing Master Gardeners with the tools and knowledge they need to respond to the community in the area of horticulture. Our Master Gardener monthly meeting features a speaker, and additionally, monthly telephone and diagnostics team meetings invite a speaker for advanced training; this includes Extension Specialists and Agents, as well as local community members, organizations, and experts. Additionally, each year, Master Gardeners plan two “lunch and learns.” This is an opportunity for Master Gardeners, statewide, to get together and learn, as well as socialize. Speakers for the lunch and learns have covered broad environmental topics to more specific topics such as native plants, garden design, and vegetable gardening.

Commercial Horticulture Training Initiatives



Carrie Murphy addresses a commercial audience during a sustainable landscape tour.

Ornamental Short Courses Train Green Industry Employees

A variety of program efforts designed for the green industry reached over 1,000 business operators, and other members of the landscape, greenhouse, and nursery industry. The Short Courses offered a variety of topics in New Castle County that reached more than 300 industry members. Courses also provided nutrient management and pesticide credits, in addition to information on environmentally beneficial landscaping, plant selection, pest and disease identification and updates, fertilizer sources, shrubs and evergreens, native plants, and starting a greenhouse business. Pest walks in the University of Delaware Botanic Gardens were also organized, as were on-site workshops, as part of our “We’ll come to you!” promotion; more than 150 participants were included.

Weekly Hotline and Blog Updates Commercial Industry

To supplement our short course program, the Ornamentals Hotline Publication continued to provide weekly insect, weed, and disease updates to green industry members in the county. This publication helps to align business practices with current pest, weather and disease recommendations. Ornamentals Hotline was mailed, and e-mailed, to approximately 1,300 industry members statewide. A new addition to this publication was Extension Specialist Brian Kunkel’s Ornamentals Hotline Website Blog. This blog site features additional information and photographs that industry members can access with a subscription to complement the Ornamentals Hotline Publication.



Susan Barton, Extension Specialist, provides a hands-on pruning demonstration.



Brian Kunkel, Extension Specialist, leads an integrated pest management walk.

Conferences Offer Professional Development and Credits

Extension professionals from across the state worked together to offer various professional conferences in cooperation with the Delaware Nursery and Landscape Association (DNLA). This includes the DE Horticulture Industry Expo and Annual DE Pesticide Conference, the Summer Turf and Nursery Expo, and the Ornamentals Research Expo in the University of Delaware Botanic Gardens. The conferences featured talks on sustainable landscaping, edible ornamentals, compost, insects and diseases, storm water management and many more. Over 300 New Castle County industry members attended.

Soil Testing and Diagnostic Service Supports Industry’s Professional Consultation

The New Castle County Extension Office continues to offer soil testing and diagnostic services to the commercial industry.

Community Traffic & Safety Programs



A Day in the Life of Community Traffic & Safety Program Educator, Cindy Genau

As Extension Educator for the Community Traffic Safety Program grant, I work with both the Delaware Office of Highway Safety and Cooperative Extension to educate drivers, young and old, to ensure community traffic safety. My daily duties include fielding calls, emails, and making presentations on a variety of driving issues and laws. At any time, requests for programming include information on all aspects of driving such as preventing hazards associated with winter driving; texting; speeding; improper seatbelts use; air bags; improper car seat installation; laws; bike helmets; and their laws; dangers of drunk driving; tween seatbelt use; pedestrian walkways, and other topics.

I collaborate with other organizations in an effort to conduct the designated driver “Hero Campaign;” Walk To School Day; the Buckle Up Stencil project; community speed management workshops; presentations at businesses, schools, day cares, and community organizations on the traffic issue of their request. I support the efforts of school resource officers and driver education teachers looking for resources for classes. I also write articles for a variety of print based media sources such as University of DE’s daily online news, UD Student paper, “The Review,” and community newspapers. I spend time each week replying to interviews and questions about the University Schools Alliance underage drinking coalition, Building Bridges Newark High School Parent Teacher Association, DE and NCC Safe Kids Coalitions, Newark Bike Committee, UD Head Start Policy Committee, and the Wilmington Area Planning Council (WILMAPCO) non-motorized transit committee and others because I serve as a resource to these organizations as well.

Part of the grant from Office of Highway Safety allows me to purchase and distribute safety items, such as bike lights, reflective arm bands, booklets, brochures, key chains, magnets, cups, clipboards, and message boards with safety messages. These items help draw in my audience at health fairs to help me talk to individuals and educate them about traffic safety.

I work with people of all ages and backgrounds; the diversity of my work in the community is one of the most rewarding aspects of working at Cooperative Extension. Cooperation and teamwork are essential to my daily activities. Working with others in the Cooperative Extension office and other community partners helps me to ensure anyone seeking help from the office will get the quality information they need. Helping people in their everyday lives with traffic safety issues to prevent injury or death is my most important duty, and also the one of which I am most proud.



Getting the helmet to fit just right.

Reducing Teen Crashes through Education

Graduated Driving License Parent Orientation Program



Students and parents sign in at GDL Parent Orientation program.

The most popular program I currently offer is the Graduated License Law (GDL) Parent Orientation Program. This program educates parents, along with their students, about the GDL law and how parents can use the law to protect their new teen drivers and themselves from injury, death, and liability due to teen driving crashes. The data shows the leading cause of death for teens is motor vehicle crashes. Delaware's law has received recognition as having one of the most optimal laws in the country.

I present the details of the law and the number of teens who have been injured or killed when driving in Delaware. We explain the parent's role and responsibilities as a legal supervisor of the teen and his/her driving behavior. A claims agent from State Farm Insurance talks about the liability a family incurs related to insurance issues resulting from a teen being involved in a crash especially one with injuries.



1,700 students and parents have attended this presentation, through collaboration with driver education teachers and school resource officers at Dover, Christiana, Al DuPont High, Conrad, Cab, McKean, and Dickinson High Schools.

Suggestions are made to parents on how to protect themselves and their teens from huge financial losses. An emergency room nurse talks about the developing teen brain and the long term effects of a teen being involved in an injury crash.

A Delaware State trooper of the Fatal Collision Reconstruction Unit talks about the tragic consequences of risky teen driving behavior resulting in teen fatal crashes. The officer presents a memorial tribute to all the teens we have lost in crashes. Participants who give us their evaluations say the program should be held at every high school in the state. The most important outcome is that 16- and 17-year-old teen crashes, injuries, and deaths have been cut in half since the inception of the Graduated License Parent Law, and as the numbers started to increase again, it is the Parent Orientation Program that has kept those numbers down.

Saving Lives and Preventing Injuries to Children through Training

Child Passenger Safety Community Car Seat Education Program

My favorite program is the Child Passenger Safety Program because it takes an unsafe situation and corrects it immediately. Many people do not realize that unintentional injury is the leading cause of injury and death for all children 14 years of age and younger. And how are they injured? In car crashes. Death by motor vehicle collisions is the leading cause of death for all Americans from 4 to 34 years of age (Center for Disease Control). And though most parents are using car seats, over 70% are installed incorrectly or misused in some way by parents.



Several agencies join together to train parents and conduct education on how to install car seats correctly at fitting stations and community events. The agencies include UD Cooperative Extension, the DE Office of Highway Safety, Christiana Care Hospital, Al DuPont Hospital, the Delaware Safe Kids Coalition, the Delaware Division of Motor Vehicles, and New Castle County and State Police Officers, emergency technicians and paramedics, businesses, and community members. Babies R Us, Burlington Coat Factory, and Closic's Children's Store have been instrumental in providing parking and advertising for these events.



In 2008 and 2009, the total number of car seats checked in Delaware was 6,726. Misuse has dropped from 90% to 80%.

Every year these collaborators support community educational events throughout Delaware for National Child Passenger Safety Week, as well as the Annual Safe Kids Days conducted in each county at a Delaware State Park.

By educating and showing parents, caregivers and professionals, how to install their car or booster seat properly and how to secure their child in their car seat, booster seat or seatbelt properly, and then having them demonstrate how to do this on their own, the benefits are instantaneous. I have corrected misuse that causes injury, but also have taught parents to change their behavior by knowing how to do it

themselves --- correctly. The child leaves every inspection safer than when they arrived.

The most positive outcome is having a parent call to tell me they have been in a car crash and they and/or their child was safe because they were properly installed in their car seat, booster seat, or seatbelt. These safety devices work, especially when used properly.

Fifth Quarter Nights & Summer Fun for Teens

Fifth Quarter Nights and Alternative Events for Teens

The most unique program I'm involved with is the Fifth Quarter and Teen Alternative Events, held at Newark High School and the Newark VFW. Coordinated in cooperation with the Building Bridges Coalition, we open up the high school and the local VFW to teens and high school students to provide an adult-supervised, safe, drug-free location for youth to congregate for three hours at night, having fun in large numbers. At the Fifth Quarter events, we conduct the activities on a



Three Fifth Quarter events were held in 2008 and 2009, reaching 880 youth.

Friday night at Newark High School, sometimes after the home football game – thus the name – Fifth Quarter.

Local trends in the *Alcohol, Tobacco, and Other Drug (ATOD) Abuse among Delaware Students 2004 Report*, show that alcohol continues to occur at alarming rates among high school students in Delaware. The goal of these events is to teach youth to have fun without the emphasis being on drugs and alcohol, provide prevention education, and promote teens engaged in positive behavior.

The Summer Fun for Teens events have been held in the community of Newark to target at-risk populations, low to moderate income, in the City. Through grants, we have provided hours of substance-free activities such as music, a disc jockey, dancing, inflatable activities, food, drinks, open gym games, board games, climbing wall, bean bag toss, ladder golf, and ping pong, all for free.

Along with the fun activities, prevention education is provided on alcohol, tobacco, and gambling. All these are harmful activities that high school students are engaged in—some illegally.

It works! We hold these alternative events, and the kids have fun and aren't bored or looking for trouble.

We also have introduced the youth participants to giving back to the community through service projects, such as having their entrance fee be canned food that is donated to the local food bank, or by making holiday cards and "Snowman Soup," (packages of instant hot chocolate complete with marshmallows, candy kisses, and a candy cane in a bag) that are mailed to U.S. soldiers at war.



Teens Events were held in Newark in July, August, and October of 2009 at the Newark VFW, reaching 150 youth.

Reducing Teen Crashes through Education

Substance Abuse Prevention Activities

Events supporting prevention of substance abuse that are promoted by the Building Bridges Coalition include:

The **Sticker Campaign** which distributed over 500 stickers to promote the community to care about this issue and recognize it is a problem.

Town Hall Meetings for the community to provide education on the issue and intervention resources.

Parent Chats held at Newark High School educate parents on the issues of parenting, substance abuse, and transitioning to high school and college, which are the years statistics show coincide with increased use of drugs.

Parents surveyed reported the positive nature of these events and the call for more activities like this in Newark, especially for students ages 11 to 17. Evaluation surveys completed by student attendees show alcohol and tobacco use is lower than the average reported in the DE ATOD report.

Other ways my program addresses teen crash injury prevention is by establishing seatbelt checkpoints at high schools. Conducted by the Youth To Eliminate Loss of Life/Students Against Destructive Decisions volunteer student members, these student volunteers check students who drive to school in the morning to see if they and their passengers are wearing seatbelts. Those buckled up get a reward like a “smartie” candy, while those not buckled up get a reminder of the law or “dum dum” candy. The students dress up as the “Crash Test Dummies” to remind students that they are dummies if they don’t buckle up. They distribute seatbelt stickers.



Youth stencil a reminder for drivers to buckle up at their high school.

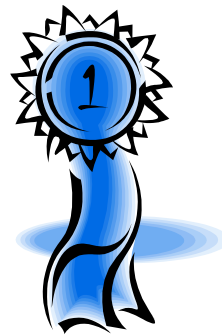
Building Bridges Coalition Collaborators include:

- Newark High School and their PTA
- Members of the school staff and Wellness Center
- Faith-based organizations
- Arcadia University
- Open Door
- DE Office of Volunteerism
- UD college students
- DE National Guard Drug Task Force
- Del Castle Vo-Tech High School
- Newark Lt. J. Alison O'Daniel Post 475, VFW
- Newark Police
- Office of Prevention and Early Intervention
- Delaware Council on Gambling
- City of Newark
- DE Office of Highway Safety
- American Lung Association
- Other prevention agencies, educators, local citizens, business persons, and parents



As coordinator of the “Buckle Up Stencil” project, I have two large stencils I take to any school, business, or organization who would like to have the stencil painted on their parking lot exit. The stencil reminds drivers and passengers of cars they need to be buckled up. Many times the stencil is painted after an educational presentation and a picture is taken to be included in the high school yearbook, or emailed to employees of businesses with information on the Delaware seatbelt law and the company policy on seatbelt use.

Kudos and Recognition



New Castle County Extension Team Recognitions

- 2009 Delaware Cooperative Extension Outstanding Program Award for efforts to address the UD CES Call to Action to Fight Hunger in Delaware
- 2009 Delaware Cooperative Extension Positively Outrageous Service Award given to the Delaware State Fair Cooperative Extension Tent Committee – awarded to Anna Stoops, Carrie Murphy, Maria Pippidis, and other Kent and Sussex County Extension personnel

4-H Personnel

- 2009 National Association of Extension 4-H Agents World Citizenship in 4-H Youth Development Team Award – National Winner—Katie Daly Jones and Jordan Ashby
- 2008 Delaware Cooperative Extension Outstanding Program Award for service learning initiatives—Katie Daly Jones and Karen Johnston
- 2008 National Association of Extension 4-H Agents World Citizenship in 4-H Youth Development Team Award – Regional —Katie Daly Jones and Jordan Ashby

Jordan Ashby

- 2009 National Association of Extension 4-H Agents Personal Column Individual Award - Regional

Katie Daly Jones

- 2008 National Association of Extension 4-H Agents Achievement in Service Award
- 2008 National Association of Extension 4-H Agents Beyond Youth Leadership Grant Team Award- Regional
- 2008 National Association of Extension 4-H Agents Power of Youth Award- Regional
- 2008 National Association of Extension 4-H Agents Personal Column Individual Award- Regional

Sharon Lucabaugh and Sandy Peralta

- 2009 Delaware Cooperative Extension Positively Outrageous Service – Award for Innovative Marketing of Extension

Carrie Murphy

- 2009 Epsilon Sigma Phi State Outstanding Program Award for the teaching and demonstration gardens
- 2009 Delaware Cooperative Extension Outstanding Program Award for teaching and demonstration gardens
- 2008 Delaware Cooperative Extension Integration of Extension and Research Award for the Master Gardener Advanced Training Program
- 2008 Delaware Cooperative Extension Director's Spirit Award
- 2007 Delaware Cooperative Extension Outstanding Programming Award for Composting Education Program

Maria Pippidis

- 2009 Delaware Institute for Financial Literacy Money School – 10 Year Volunteer Recognition Award
- 2008 Epsilon Sigma Phi Team Award for outstanding child care provider programming

Bonnie Ross

- 2008 Epsilon Sigma Phi Meritorious Support Service Award

Anna Stoops

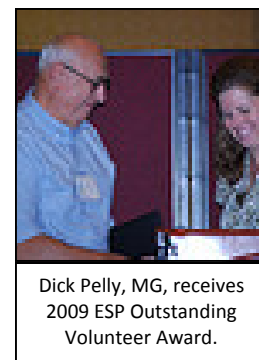
- 2009 Delaware State University's "U.S. Washington Jr., Friend of Extension Award" for partnering with them to provide research-based education to under-served populations
- Tribute from Kent County, Representative Brooks Banta in recognition of efforts in the St. Joseph's Bountiful Harvest Community Garden
- 2008 Delaware Cooperative Extension's Integrated Research and Extension Award

Dick Pelly – Master Gardener Volunteer

- 2009 Epsilon Sigma Phi Outstanding Volunteer award

Master Gardener Volunteers

- 2009 Delaware Cooperative Extension Outstanding Program Award for teaching and demonstration gardens
- 2008 International Master Gardener Search for Excellence Award, First Place, Workshop Category, Keep it Green
- 2008 International Master Gardener Search for Excellence Award, Second Place, Youth Education Category - NCC Master Gardeners Junior Gardener Program Team



Meet the NCC Cooperative Extension Staff



Maria Pippidis
County Director,
Family and Consumer
Sciences



Jordan Ashby
4-H Youth &
Development



**Veronica
Commodore**
4-H Afterschool



Katie Daly Jones
4-H Youth &
Development



Cindy Genau
Community
Traffic & Safety



**Carmella
Johnson**
EFNEP



Karen Johnston
4-H Health Rocks



**Sharon
Lucabaugh**
Office Coordinator



Betsy Morris
EFNEP



Carrie Murphy
Horticulture and
Environment



Sandy Peralta
Staff Assistant



Carol Scott
4-H Afterschool



Cynthia Slater
EFNEP



Anna Stoops
Agriculture and Natural
Resources

NCC Cooperative Extension
461 Wyoming Road
Newark, DE 19716
302-831-2667
[http://ag.udel.edu/extension/ncc/
nccindex.php](http://ag.udel.edu/extension/ncc/nccindex.php)

