

ANNUAL REPORT
OF
ACCOMPLISHMENTS AND RESULTS

THE
COMPREHENSIVE
ALABAMA
COOPERATIVE EXTENSION SYSTEM

Alabama A&M University
Auburn University
Tuskegee University

FISCAL YEAR 2004

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CERTIFICATION

The Alabama Annual Report of Accomplishments and Results has been reviewed and approved by the 1862 Extension Director - Auburn University, the 1890 Administrator - Alabama A&M University, and the 1890 Administrator - Tuskegee University. The 2004 Annual Report of Accomplishments and Results was electronically transmitted by a duly sanctioned designee (Ronald L. Williams, Extension Head, Program Planning and Development).

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

INTRODUCTION

The Agricultural Research, Extension and Education Reform Act (AREERA) Annual Report of Accomplishment and Results from the State of Alabama reflects the program accomplishments of the Alabama Cooperative Extension System (Alabama A&M University and Auburn University) and of the Tuskegee University Cooperative Extension Program. This AREERA Annual Report of Accomplishments and Results provides detailed information that documents outcomes and impacts that result from Cooperative Extension programs in the State of Alabama. The programs and related outcomes and impacts, as contained in this report, reflect the positive and mutually supportive program-planning interface among the three institutions. Where appropriate, institutional identification associated with specific outcomes is noted. Given that the three institutions (Alabama A&M University, Auburn University, and Tuskegee University) cooperated fully in the development and implementation of the AREERA Plan of Work the Annual Report of Accomplishments and Results is by definition, evidence of inter-institutional program planning, program implementation, and program accountability.

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

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

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

NATIONAL GOALS AND RELATED PROGRAM ACCOMPLISHMENTS

NATIONAL GOAL 1:

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

EPT 10A. Alabama Grazing School

By DONALD M. BALL

Description:

Pastures and forage crops are more important to Alabama than most people realize. Data provided in the Alabama Agricultural Statistics Service Bulletin shows that forage-consuming livestock (which, depending on animal type and class, typically get 60 to 80% of their lifetime nutrition from forage) are produced on more than 25,000 of Alabama's approximately 47,000 farms. The gross income from these animals to Alabama producers exceeds \$400 million annually.

Pastures and forage crops are also important in crop rotations, they protect the environment by reducing erosion and improving water quality, they provide food and cover for wildlife, and they beautify rural settings. Furthermore, the scope of the acreage they encompass is impressive; it totals over 4 million acres, most of which is pasture. To put this in perspective, pasture occupies more open land in Alabama than all other crops combined.

Grazing management is a particularly important, yet often neglected, aspect of producing forage-consuming livestock. Grazing management is defined as: the manipulation of animal grazing in pursuit of defined objectives. Given this definition, three logical and practical questions that might come to mind are: (1) what are some worthwhile objectives a producer could have when pasturing livestock? (2) what factors can be manipulated in order to accomplish the objectives chosen? and (3) how can these factors be manipulated?

The Alabama Grazing School, which was initiated in 1999, traditionally a two-day intensive training session for livestock producers, provides answers to these questions. The information provided is research-based and comes from many sources across the nation and the world. County Agents who sign up for this ETP are required to take this training if they have not already done so. Furthermore, they are required to spend at least 5 1/2 days working in this area during the fiscal year. Activities can include conducting a meeting for

producers, working with individual producers, and/or using mass media, newsletters, or other means to disseminate information on the topic.

The time is right for emphasizing this area as reflected by a recent survey of County Agents in which 75% ranked the level of interest in grazing management in their geographic area of responsibility as being either high or extremely high. In addition, 68% indicated they feel that improved grazing management has either good or outstanding potential for providing environmental benefits, and 100% stated they feel it has good or outstanding potential for increased economic benefits for livestock producers in their county or area.

A. Actions and Activities Carried Out:

During FY 2004, two Alabama Grazing School events were conducted, one being a two-day event at the Black Belt Research and Extension Center, and the second being a one-day grazing management course held at the Tennessee Valley Research and Extension Center (TVREC). The TVREC one-day event was offered as a trial offering because it was felt that some producers who desperately want and need to receive the instruction have felt they were unable to leave their farms for two days. The 2004 training sessions were publicized by County Agents and via farm magazines and were attended by a total of 67 persons. Since the Alabama Grazing School was initiated in 1999, a total of thirteen schools have been conducted and a total of 493 persons (including from 7 states other than Alabama) have attended.

Several valuable reference publications have been provided to participants in the schools including the books Southern Forages, Fencing, Watering Systems For Grazing Livestock, and a booklet titled, Forage Crop Pocket Guide. In addition, numerous Extension and other producer-oriented publications on forage crop or grazing management topics were made available. Numerous additional copies of these publications were subsequently requested or purchased by other producers who learned about their availability from persons who attended the Alabama Grazing School. Collectively, these materials will provide much valuable information for years to come.

The "trickle-down" educational effect from this program is proving to be especially important. During FY 2004, County Agents sponsored two meetings at which grazing management was the only discussion topic, and it among the topics discussed during at least five others. Evidence that interest in grazing management continues to be generated by the Alabama Grazing School is that by special request a training session on this topic was held for Farm Service Agency personnel and also at a Certified Crop Advisor training meeting during the year. Most agents who participated in the program reported having made numerous farm visits within their counties for the purpose of advising producers regarding the topic. Seven magazine articles on grazing management were published in farm magazines in Alabama during FY 2004 (Alabama Cattleman and AFC Farming News). Information was also disseminated via newsletters, phone conversations, and on-farm demonstrations.

The Alabama Grazing School is a wonderful example of a multi-organizational effort. In addition to the Alabama Cooperative Extension System (ACES), organizations that have contributed in various ways are the Natural Resources Conservation Service, the Alabama

Cattlemen's Association, the Alabama Agricultural Experiment Station, and Alabama Farmer's Federation. As a result of individuals from these organizations working closely together on this project and the realization by those involved that it has been a great success, working relationships among the persons involved have been greatly enhanced.

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

Feedback from participants in all sessions of the Alabama Grazing School has been highly positive, and the 2004 sessions were no exception. Most evaluations completed and returned by participants have given it a numerical ranking of 4 or 5, with only a few ranking it 3; no one in any school has ranked it lower than 3 (1 to 5 scale with 5= excellent and 1= poor).

County Agents have reported that at least 2,675 livestock producers have been reached directly by educational efforts pertaining to this ETP. It is particularly noteworthy that agents stated that in many cases livestock producers who have implemented grazing management techniques are teaching them to other producers. Agents indicated that at least 530 livestock producers are known to have improved their grazing management because of this ETP.

In a recent survey, agents listed several benefits that producers in their counties are realizing by implementing better grazing management. In order of importance (as ranked by the agents) they are: better utilization of pasture forage, reduction of stored feed, better forage quality, better persistence of desirable species, fewer weed problems, more even nutrient recycling, gentler livestock, and more environmentally acceptable operations. Some agents also reported that as producers improve their grazing management they are also inspired to improve management in other aspects of their operations (i.e. soil testing and herd health practices) as well.

C. Fiscal and Human Resources:

The cost of the printed reference materials and miscellaneous items, refreshments for breaks, and three meals provided to participants at each Alabama Grazing School is approximately \$120 per person. However, most of the cost is covered by a \$100 per person registration fee, although the Alabama Farmers Federation has provided some funding for the program.

The Alabama Cattlemen's Association handled registration funds and provided bookkeeping services for the Alabama Grazing Schools conducted in 2004. The Natural Resources Conservation Service paid travel for three speakers at each session and provided a photograph to class participants.

The Alabama Cooperative Extension System expended approximately \$2,500 for travel of Extension personnel to attend the sessions held during 2004. In addition, ACES employees spent about 200 days on this project in 2004. The value of this professional time is approximately \$35,000, so the total estimated cost to ACES for this project for 2004 was \$37,500.

Calculating the increased profit associated with improved grazing management is difficult. Reasons include: (1) animal species, breed, class, and numbers vary on different farms; (2) forage species used for pasture vary on different farms; and (3) producers who opt to improve grazing management implement it at different levels.

However, County Agents reported that at least 530 Alabama livestock producers are exercising better grazing management to some degree as a result of this project, and in a recent Mississippi State University publication it was estimated that in a 30-animal beef cow/calf operation, improving grazing management has the potential for increasing profit by \$1,142 per year.

On average, the 530 producers who improved their grazing management probably have at least 50 cows (or the animal equivalent thereof). Assuming that on average these 530 producers increased profit by just 20% of this amount, the increase in profit would be \$201,753 per year (and this is not just one year but every year!). Thus, this means that in 2004 alone the Alabama Grazing School generated over five times the benefit in terms of increase income to producers as the program cost.

Furthermore, on average, the 530 livestock producers probably manage a total of at least 50,000 acres of pastureland. Though it is impossible to put environmental benefits in economic terms, improved grazing management on this acreage no doubt is having a significant impact with regard to reducing soil erosion and improving water quality in Alabama. This accomplishment is consistent with state and federal objectives.

D. Program Visibility, Exposure, and Future Plans:

Almost all County Agents involved in this program have reported that there is greatly increased interest in grazing management in their counties as a result of this program and that it is having a positive impact on livestock production. Examples of statements made on participant evaluations include "This is the best educational program I have ever been involved with," "This is an excellent school," and "Very practical information."

The number of participants in each Alabama Grazing School course is limited by the size of the facility in which the indoor portion of the training is conducted, and also by the need to be able to effectively provide instruction on fencing and water point construction during the outdoor part of the training. The fact that every school except one has been filled to capacity makes a powerful statement regarding how well the program has been received.

Given the popularity of the training and the highly positive feedback received, we plan to continue offering the schools as long as interest remains high. We have one-day courses scheduled in Hartselle, Double Springs, and Demopolis in April 2005. Other Alabama Grazing School dates have not yet been set, but we will almost certainly hold a two-day course in October and possibly additional one-day courses in other parts of the state as well before the year is over.

Many participating agents have included grazing management as a topic addressed in

newsletters and in mass media, and this will continue in the future. The unquestioned success of the program will undoubtedly be used by many agents in conveying the importance of Extension work to county commissioners. Additional articles to be published in farm magazines are planned for the coming year.

ETP10D. Ensuring Sustainability for Alabama Row Crop Producers

By CHARLES D. MONKS

A. Description:

The primary row crops in Alabama, as reported by the state's agricultural statistics service in 2003 (<http://www.aces.edu/departments/nass/farmfact/ff0401.pdf>) were cotton, peanuts, field corn, soybeans, and wheat. While cash value is provided, the Alabama cotton industry output multiplier in the RIMS2 I-O model is 2.1286, thus making the cotton crop in 2002 worth an estimated \$250,000,000 in the state's economy. The 2003 cash and total impact value will be higher as a result of higher yields and quality.

Row crop production has been in a rapid state of flux for the past 10 years. A survey conducted in Lauderdale County indicated that farmers continue to undergo major changes. Farmers in the western Tennessee Valley began to change their crop diversity in 2003. Ronald Lane, County Extension Coordinator, found in his survey that as much as 10,000 acres were set to be converted from cotton and soybean production to corn production. Innovations like genetically engineered varieties and cultivars, environmentally friendly pesticides and application methods, remote sensing and precision farming techniques, and computerized economic programs have helped producers increase their efficiency while maintaining or decreasing costs.

Each year, extension specialists meet with the Alabama Cotton Commission, Alabama Soybean Committee, Alabama Peanut Association, and Wheat and Feed Grains Committee to discuss research priority areas. For the past three years, cotton and soybean producers have listed variety and cultivar evaluation as one of their top five priority areas. Producer representatives from all commodity groups have encouraged county agents and specialists to place extension and applied research demonstrations on-farm where it is practical. The goals of this project were to provide the most current information on production practices to producers, to evaluate or demonstrate new techniques in an on-farm setting where possible, and to provide agricultural education programming to adult and youth audiences across the state.

B. Actions and Activities Carried Out:

Extension programming efforts for producers included county production meetings, field days, county agent trainings, local school demonstrations, regional trainings, and presentations at national conferences. In 2003, agents and specialists participated in 86 crop production meetings (events that the participant either attended or initiated) with over 10,000 participant contacts. Row crop demonstrations (over 30) and field tours (50 agent/specialist events attended or initiated) were conducted under this program in weed

control, cotton defoliation, variety and cultivar evaluation, precision farming, conservation tillage techniques, nematode and other pest management, and other areas. Specialists and agents participated in local adult and youth educational efforts through exhibits at county fairs and local school demonstrations (59).

Four multi-state regional conferences that included speakers from Georgia, Florida, and Alabama were held in the southern areas of the state. The second annual Southwest Alabama Farm Day drew over 170 attendees from lower Alabama, the Florida panhandle, and southeastern Mississippi at the 2nd Annual Farm Day held February 11 in Loxley. The fourth annual Wiregrass Cotton Expo was held in February in Dothan and drew over 145 participants for the program from southwest Georgia, the Florida panhandle, and southern Alabama. Precision farming techniques were demonstrated at the Tennessee Valley John Deere Field Day (280 attendees) and at the Tom Bigbee Resource and Conservation District annual meeting in Pickens County. At all conferences and field days, producers, industry representatives, researchers, and extension personnel had the opportunity to listen to presentations, visit exhibits, and discuss the newest technology in farming with local, state, and national experts.

Four multi-state agent trainings were held for cotton (2) and precision farming (2). Cotton production trainings were held at two locations in the state: Tennessee Valley for Alabama and southern Tennessee county agents (26 participants); Greenville for Alabama and Florida county agents (22 participants). Precision farming trainings were held at Clemson (25 participants) and the University of Georgia (25 participants).

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

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

Falling crop prices, increased pest pressures, and weather extremes have made profitability in row crop production an extreme challenge. Results from on-farm result demonstrations have had a great impact on local decisions and profitability as is evidenced in the following examples. Results from a 2003 soybean demonstration in Dallas County found that a producer choosing the correct soybean cultivar could have increased net returns by \$105 per acre resulting in \$105,000 increase in income for a 1,000 acre farm. Results from a demonstration in Shelby County found that choosing a poorly adapted cotton variety would have reduced lint yield by 200 lbs/acre at a cost of \$140 per acre to the producer. Based on agent's and specialist's recommendations during the early season floods in 2003, a

Talladega County corn producer was able to save the cost of fertilizer (\$30/acre) on 700 acres for a total savings of \$21,000. Results from a cotton defoliation demonstration resulted in an average savings for Henry County producers of \$5.00/acre on 10,000 acres (total projected savings was \$50,000). An aphid disease-monitoring program across the state resulted in no insecticide application on 100,000 acres of cotton at a savings of \$8.00 per acre (total savings was \$800,000).

Precision farming demonstrations and trainings in north Alabama have resulted in implementation of various techniques to improve yields and efficiency. For example, yield monitors aid producers by indicating where low yielding fields are in need of adjustment. In a north Alabama total farm field demonstration, the producer was able to save over 13% on their nitrogen input to field corn. A grain producer in north Alabama has increased labor and equipment efficiency by enhancing the timing of their in-field trucking operations for hauling harvested grain. Through this program effort, IPAQ personal computers were demonstrated and distributed to agents in Alabama (8), Georgia (10), and South Carolina (10).

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

D. Fiscal and Human Resources:

According to the ACES Intranet ETP signup system, approximately 34 specialists and county agents participated in this project. A total of 1508 days were allocated to this county agent training not including the efforts of specialists from the University of Georgia, University of Florida, and University of Tennessee. The interaction of working groups across the state lines enabled us to better share our experiences and expertise. Participants were successful in securing funds for many of the projects in this program area. The funds received that were associated with this project totaled \$807,500 not including \$74,500 in "in-kind" supplies and \$30,000 in meeting support.

E. Program Visibility, Exposure and Future Plans:

Information was made available through local newsletters (94), newspaper articles (102), radio and television interviews (87), a new cotton web site (www.alabamacotton.com), and publications in the Journal of Extension (www.joe.org/joe/2003december/iw3.shtml) and "GIS in Agriculture" in GIS in Business (book chapter). Local newsletters reporting on result demonstrations have aided producers in Elmore and Autauga by providing local research-based variety, nematode management, and plant growth regulator information that is directly applicable to their farms. Nematode management information is applicable to 35% and 97% of the row crop acreage in Autauga and Elmore Counties, respectively. We plan to continue this program in an effort to continue to provide the information needed for the state's row crop producers.

ETP 11J. Alabama Beef Excellence Program

By ROBERT A. EBERT

A. Program Description:

Cattle growers, packers and end-users continue to search for ways to recapture value losses and regain consumer confidence in their products. This ETP will provide innovative programs to enhance the efficiency and effectiveness of beef production with the concepts and practices of quality assurance and marketing. Extension and producer graduates of ETP-11F will conduct county/multi-county programs using Power Point, video and published materials developed in 2002-03. Agents who sign up for this ETP should have completed a three day in-service training program held at Auburn University May 19-21, 2002. Twenty-five cattle producers participated in the program in June 18-20, 2002. Meeting agenda included instruction on beef anatomy, live-cattle quality and yield grading, carcass yield and quality grading, whole carcass pricing and sub-primal/retail cut pricing. Carcass-value differences calculated among animals and how these differences relate to live animal values will be determined. Beef Quality Assurance and HAACP will be discussed during the course of both programs. All performance and carcass data and videos will be made available for use in subsequent area, state and regional meetings.

B. Actions and Activities Carried Out:

With the retirement, effective January 1, 2004, of two of the three Project Team leaders (Mr. Robert E. Blaylock and Dr. William R. Jones) this ETP became virtually non-functional.

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

The only action to report was the "burning" of DVDs of the live animal and carcasses as the result of Auburn University hosting the annual National Livestock Grading and Marketing Workshop in May 2002. The DVDs were distributed to the Animal Science/Forages Specialists and REAs, and to the participants of the 2002 national workshop. There is discussion to "stream" the contents of the DVD on the Auburn University Animal Sciences departmental web page.

D. Fiscal and Human Resources

None needed and/or used.

E. Program Visibility, Exposure and Future Plans

There is renewed interest in this educational program. A planning meeting to discuss presenting this program in 2005 is planned.

ETP 12F. East Alabama Aquaculture Market Development

By DAVID J. CLINE

A. Program Description:

There are more than 20,000 acres of watershed ponds in East Alabama. These ponds provide water storage, recreational opportunities, livestock needs, and enormous potential for the expansion of Alabama's aquaculture industry. Despite this potential, aquaculture has progressed only modestly in this area and relatively few existing pond owners take advantage of their water resource to provide additional income for their families. Efforts to organize producers and expand production have met with variable success. Lack of marketing stability and direction continues to be the bane of these small-scale producers. This project will be based on an existing market facility and market that will be made available through a collaborative agreement with the Department of Fisheries and Allied Aquacultures. The objectives of this demonstration are to:

1. Help remove the barrier of market instability for small-scale aquaculture producers in E. Alabama.
2. Demonstrate niche marketing methods and techniques.
3. Determine the economic value of processing to small-scale producers and the feasibility of this type of market operation.
4. Build an information database to help producers target their marketing efforts.
5. Develop alliances with producer groups to create a marketing program and facility that could be replicated in other areas.

B. Actions and Activities Carried Out

- Throughout the year agents in the field helped to identify existing and potential growers.
- Worked with local grower to diversify his farm products by using aquaculture effluent water to water tomatoes.
- Worked with local growers to initiate plans to build a processing facility in the Piedmont region of Alabama.
- Determined interest among producers in the development of alternate species and products.
- Worked to expand the network of existing and potential growers by advertising in local newspapers.
- Held Piedmont Association of Caged Fish Producers annual meeting at the North Auburn Fisheries unit to demonstrate small-scale marketing techniques and potential grow out and harvesting methods from hillside ponds typical of the East Alabama terrain.
- Collected information from growers regarding the most commonly encountered problems with production and marketing of their fish.
- Developed a relationship with a aquaculture-marketing specialist from Canada interested in starting a processing and production facility in East Alabama.
- Helped locate and secure a facility for processing fish.

Collaborative educational efforts involved multiple organizations including the Coosa Valley Resource Conservation and Development Council (RC&D), the Northwest Alabama RC&D, the Cawaca RC&D, the Piedmont Association of Caged Fish Producers, the East Alabama Fish Farmers, the USDA Natural Resource Conservation Service, the Tri-State Aquaculture Initiative and Gadsden State Community College. Meetings in conjunction with these organizations allowed us to reach over 10,000 agriculture/aquaculture producers, local business leaders, natural resource specialists, and secondary school teachers. A web site was developed to help small-scale producers gather production information, interact with one another and locate potential new market outlets for their products. The developing site can be seen at <http://www.ag.auburn.edu/pacfp>.

C. Results, Impacts and Benefits to Direct Clientele and to the public.

As a result of presentations at various meetings and through personal contacts more than 2000 Alabama residents were made aware of the potentials and pitfall associated with producing and marketing fish in East AL. This “up front” education saves producers and potential producers large amount of resources and money by helping them make better decisions. Area producers generating income of more than \$100,000 for area producers sold more than 90,000 pounds of fish. Plans are being developed to establish a processing facility in Tallapoosa County and more than 90 acres of water have been committed by producers to provide fish for this facility. Target processing rates have been set at 5,000 pounds per week, creating a market for more than 250,000 pounds of fish throughout the year. The processing facility is due to start operations by mid 2005.

Farmers participating in an on farm research and extension project showed in increased net income by utilizing aquaculture effluents to irrigate vegetable crops. In addition to the increased revenue generated as a result of the project nutrient laden effluents were reduced and utilized to grow more crops.

D. Fiscal and Human Resources

According to the reported days worked on this project, 13 Aces Employees allocated a total of 253 days to this project in 2002. The value of this professional time is approximately \$47,000. An additional \$14,000 was raised through grant efforts of the participants. This grant funding went towards on farm research of alternate production techniques. Numerous producers volunteered their time to educate both the public and other producers. More than 325 hours were contributed by these producers and constitute an added value of \$5000 to our efforts. Once the fish processing facility begins operations the value of aquaculture products sold in east Alabama will rise by more than \$100,000 per year.

E. Program Visibility, Exposure, and Future Plans:

This program and work in this area has received very good exposure. With the number of presentations and farm visits by specialists and agents we were able to create relationships with a large percentage of the small-scale producers. Exposure at the Sunbelt Ag Expo in cooperation with the Tri-State Aquaculture Initiative and Auburn University gave us access

to bring our message to another 100,000 producers and agriculture enthusiasts. We passed out over 1000 catfish recipe books (provided by The Catfish Institute) and more than 5,000 samples of cooked catfish.

This program has very broad goals and objectives and the results have taken several years to manifest themselves. It is anticipated that this program will continue unofficially as long as agents and specials are willing to devote time to improving the lives and viability of small-scale aquaculture operations in Alabama and surrounding states. As we learn more about the specific needs of the producers and marketers of these products we will continue to modify and focus the efforts and goals of this program.

ETP 22A. Alabama Master Gardener Program

By KERRY PARKER SMITH

A. Description:

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

Extension agents estimate that 75 – 80% of their requests for horticultural information and assistance are home horticulture/gardening related. The Master Gardener Program is designed to recruit applicants who are interested in committing the time to go through a minimum of 40 hours of intensive horticultural training and return a minimum of 40 hours of recommended volunteer service activities.

This ETP is part of the ACES SMP on Commercial and Home Horticulture Management in Alabama and is supported by an interdisciplinary team of Extension Specialists in the AU College of Agriculture and Alabama A&M University School of Agriculture and Environmental Sciences.

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

The objective of this specific ETP is to recruit a core group of volunteer leaders who will assist county offices of the Alabama Cooperative Extension System in disseminating knowledge and information to a greater percentage of the general public interested in landscaping and gardening information that is applicable to their area of Alabama.

The service of Master Gardener volunteers will directly benefit the community as Master Gardeners provide leadership and involve others on beautification projects, school landscape and outdoor learning activities, environmental stewardship projects, community gardens and other horticulture related assistance provided to the community.

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

Many of the Master Gardener class participants (Interns) are retirees wishing to volunteer in their communities. They are a voluntary segment of the general population in several metropolitan and also smaller cities in various Alabama counties (Baldwin, Blount, Chilton, Coosa, Cullman, Elmore area – Autauga, Montgomery, Elmore -, Escambia, Etowah, Houston, Jackson, Jefferson, Lee, Madison, Marshall, Mobile, Morgan, Shelby, Shoals Area - Colbert, Franklin, Lauderdale -, Tallapoosa, Tuscaloosa, and Walker).

Demographics:

Rural 30%
Urban 70%
Male 40%
Female 60%

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

1. Increased horticultural/gardening knowledge and skills gained by Intern and Certified Master Gardeners, as well as the general public with whom they share information.
2. Horticultural assistance provided by Master Gardeners in the county, allowing Extension agents greater time and flexibility to respond to commercial agricultural clientele.
3. Benefits provided to communities from the work of Master Gardeners include:
 - a. Improvements to home landscapes, community properties and schools, and better stewardship of the environment and natural resources.
 - b. Healthier eating through home and community gardens which provide fresh vegetables and fruits for homeowners and distribution through food banks, churches, and other civic projects.
 - c. People are living longer, retiring earlier and are more health conscious. Gardening promotes improved quality of life and healthier living as the number one leisure time activity. Health benefits of gardening include:

II. Actions & Activities Carried Out

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

Master Gardener classes were hosted in 25 counties of Alabama in 2004. Instruction of volunteers ranged from 40 to 52 hours depending on Extension agent sponsor and location needs. Volunteer projects ranged from work with Jr. Master Gardener training youth in the science of gardening to "horticulture help-line" work to community beautification projects to botanic garden assistance to garden information programs in the general public.

All classes hosted were initiated by local county agents and/or their CEC's

Local radio and newspaper were used to publicize the class information and promote class applications in 30 counties. Word of mouth was also employed (i.e. Certified Master Gardeners from previous classes invite their friends and family to apply). The volunteer spirit is often shared among social units – family and friends. The Master Gardener

Association is a tremendous tool used to recruit Intern Master Gardeners each year.

Advanced training classes were begun for previously certified Master Gardeners (Water Quality training and Container Gardening). The Water Quality training was hosted in Griffin GA and invited Master Gardeners from TN, AL and GA. Specialists from all three states participated in instruction and Master Gardeners from two states registered.

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

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

1. New volunteers were trained and previously certified volunteers were retained for continued assistance with county Extension programs and community outreach.

B. How were these measured?

1. Impact was measured by numbers of volunteers, both newly trained and previously trained, and by the number of people they contacted in their communities.

- a) 380 Intern Master Gardeners completed training to become certified in 2004.
- b) 1,328 Certified Master Gardeners continued to volunteer in their communities.
- c) Combined, they contacted 111,270 people in their various communities.
- d) Combined, they reported 126,722 hours of volunteer effort

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

1. The long-term result of this program is to continue recruiting and training community volunteers to assist Extension with the delivery of non-biased, research-based information.

2. Volunteer activities benefit the county Extension office both directly (assist with 4-H, answer public inquiry, host informative public programs, make home visits related to public inquiry, write newspaper articles, assist in training classes of Intern MG's, assist in other office related work) and indirectly (public beautification projects, work with flower shows, demonstration gardens at botanic gardens, county/community fairs, teach other public classes related to gardening).

Directly their volunteering assists Extension programs, horticulture related and other, while indirectly they are an outreach of Extension increasing our visibility and accessibility.

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

1. The general public benefits from this program on two levels. Intern Master Gardeners trained in this program learn to be better stewards of their environment, its resources and their own resources. Citizens not directly trained by the program benefit through the outreach of volunteers associated with the program. Intern Master Gardeners are required to report 40 hours of volunteer work to become certified. Previously certified Master Gardeners report 20 annual hours of volunteer work to remain in active standing.

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

1. Success of the Master Gardener program is currently measured by the number of certified volunteers reporting volunteer time each year and by the number of new volunteers recruited and trained.

IV. Fiscal and Human Resources:

A. How was this project funded?

This program is funded through the Alabama Cooperative Extension System and locally through fees charged to participants.

1. State funding for this program comes through ACES in the following forms.

a) mileage allowance to Specialists assisting with training classes

b) salary support to Specialists assisting with training classes

c) salary for a state Program Coordinator responsible for state wide organization of the program's policies, curriculum and training events.

2. Local Extension offices (MG Program hosts) are additionally supported by participants' fees.

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

A grant in the amount of \$3,890 was received from the Urban & Community Forestry Financial Assistance program for the 2004-2005 fiscal year. These funds supported Advanced training classes for previously certified MG volunteers.

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

1. State MG Program Coordinator support = 233 days

2. Local MG Program support = 1,399 days from 52 county agents

3. State Specialists MG Program support = 392 days from 10 Specialists

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

Many Master Gardeners support the training of new Interns each year. In 2004 20 counties benefited in this way with a total of 1,581 hours donated.

V. Program Visibility, Exposure and Future Plans:

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

The Program Coordinator was uninformed of this requirement. Please advise of the procedure(s) for this requirement.

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

1. Charles Andrews
2. Rick Beauchamp - news story available, Lanark project
3. Debbie Boutelier
4. Chuck Browne
5. Doug Chapman – news story available, local volunteer efforts
6. Ken Creel
7. Tom Dougherty
8. David Koon
9. Charlie Mason - news story available, local Program efforts
10. Charles Pinkston
11. Dan Porch
12. Stan Roark
13. Joyce Simendinger
14. David West
15. Nelson Wynn

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

We anticipate continuing to train new volunteers (Interns) in 25 to 30 counties next year. Volunteers are more dedicated to local programs due to familiarity and understanding of local needs and events. Recruitment and training is, therefore, more efficient for long-term volunteer retention when provided at the local level. Minimum class size of 15 is required for a hosting county to conduct class with Specialist support.

Plans are underway to continue additional advanced training classes for certified Master Gardener volunteers. This will prepare them for specific assistance tasks related to local Extension office needs. This will also inspire additional outreach projects in the volunteers' local communities. The Alabama Master Gardener Association has been requesting these types training classes for many years.

The training handbook is under complete revision. We have updated this handbook to better fit the training needs requested by hosting agents and to better establish a wider information base for future volunteer efforts.

SMP 24. Nontraditional Agriculture

By JANNIE CARTER

. Description

The concept of nontraditional agriculture is taking on new meaning as professionals and consumers embrace biotechnology research applications, alternative animal and plant production and other sustainable animal and plant science best practices. Programs and activities implemented under this SMP are aimed at empowering urban and nontraditional farmers, small farmers, and small enterprises to succeed in changing agricultural environments at the urban, rural and urban/rural interface. Programs encourage safe and secure food and animal products and agricultural careers through new methods, new products and new marketing.

A. Actions and Activities Carried Out

County agents and state specialists in collaboration with university faculty and other partnering agencies were involved in experimental biotechnology programs, commercial fishing, aquaculture recreational fishing, environmental stewardship, urban horticulture and horticulture food share projects.

The results and impact statements that follow describe non-Extension Team Project (ETP) specific programming that was conducted at the Urban Extension Centers and/or as state specialists program outreach. More specific Extension Team Project activities are described under the various Extension Team Project on-line reports.

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

Urban and nontraditional Extension agents in Morgan County partnered with Alabama A&M University and the Southern Agbiotech Consortium for Underserved Communities (SACUC) to provide agricultural related outreach to small producers. SACUC is a four-year joint effort of eleven 1890 institutions, industrial partners, governmental agencies and farm organizations. The focus of this group is to promote the advantages of agbiotech to farmers and consumers. Seeds were provided to a target group of small vegetable growers in the Morgan County area who had little knowledge of the advantages of agbiotech. Bt sweet corn (an agbiotech variety that produces a naturally occurring bacteria that destroys worm pest) was compared with conventional varieties to demonstrate the advantages. Other varieties of vegetables including squash, pepper, corn, tomato, and watermelon were also planted. Results of the demonstration did vary, but the growers observed the natural insect and disease resistance of the biotech varieties to meet the intended project goal of educating growers on the potentials of using biotech varieties.

In the Lauderdale County Metropolitan Area, Urban Extension Agents were also involved in this research-based consortium effort. To meet the needs of small, nontraditional farmers Extension agents conducted on farm demonstrations of genetically altered vegetable crops. Working with the biotech outreach coordinator of the Plant and Soil Science Department at

Alabama A&M, a Bt hybrid sweet corn demonstration was also conducted in Lauderdale County. The cost reduction value of this hybrid was promoted in educating participating growers on its insect reducing potential. The agent in Lauderdale County reported a success story from one of the participants that yielded a cost saving of \$312 on insecticide applications along with invaluable knowledge gained for future management practices.

Urban and nontraditional Extension educators in Morgan County were also involved in the WIC Farmers Market Nutrition Program. Extension agents trained growers to participate in this program and as a result, participating growers were able to accept coupons from WIC recipients and low-income seniors at the Decatur Farmers Market. Over \$100,000 worth of coupons were processed in Morgan County, resulting in an increased interest in fruit and vegetable production in the county. Moreover, limited resource families were able to access hundreds of pounds of fresh fruits and vegetables for their families that may otherwise have not been affordable on their food budgets.

In Houston County, Urban Extension Agents with environmental sciences responsibilities pursued programming that focused on recreational fishpond management. To control costly fish kills, a venture that could cost thousands of dollars, pond managers were educated on how to avoid problems. New ponds are being built every year in Houston County and these new pond owners must dependant upon reliable resources for guidance. The 2004 Houston County Recreational Fish Pond Management Workshop was conducted in the spring providing over fifty (50) pond owners with presentations and information on aquatic weed control and identification, water quality, feeding and nutrition, stocking rates, pond building, and fish diseases. The Extension office had assisted several of the pond owners with problems over the past summer. Subsequent to the workshop training, the same pond owners had made improvements to their ponds by adjusting the alkalinity of the water and soil, starting a fertilization schedule, keeping their fish more healthy with a regular feeding program, and were better able to control aquatic weeds without the use of chemical herbicides.

The urban gardening, "Plant and Extra Row," program helps provide food for local food banks in Tuscaloosa County. This program began in 2002 and encourages gardeners to "plant an extra row" in their gardens to provide fresh produce to local food banks. Another approach to this program is for gardeners to give "extra" produce they harvest. This program is one that most gardeners can participate in even if they didn't plant extra because many times gardeners already plant more vegetables than they can use. The method of this program is very simple. Newspaper, television, and radio programs are used to publicize the details. Then, the gardeners donate the "extra" to food banks. In 2004 approximately 700 pounds of produce were donated as a part of this program, saving the food banks approximately \$1400 in food costs. The total pounds of produce for this two-year program are approximately 3,000 pounds. Over the two years this has saved the food banks approximately \$6,000. Not only does this help the food banks economically, but it also provides a more nutritious diet for the impoverished patrons.

Urban and Nontraditional Extension Agents in Tuscaloosa reported on a nontraditional fire ant control method that is being piloted in Tuscaloosa. Fire ants can inhabit parks, lawns, schoolyards, ball fields, and gardens. Extension Agents in this metro area realize the

magnitude of this concern among citizens in both rural and urban environments. Agents are working with the director of the Alabama Fire Ant Management Program to introduce phorid flies throughout Alabama as a control method. Phorid flies are reported as a natural enemy of fire ants. Expectations among experts working with the program are that the flies with other control methods will keep ant populations at manageable levels. A local park in Tuscaloosa County became a test release site during 2004. At this time it is too early for the results of this release.

Urban Extension Agents in Houston County in 2004 reported environmental science issues are posing increasing challenges with more industry, population, land and housing development and businesses. Urban storm water systems and waste water systems are having a greater impact on water quality. Because municipalities and private well owners in Houston County depend on groundwater for their drinking water needs, increasing demands for groundwater continues to place a burden on the withdrawal rates. Agents explained that the City of Dothan has been forced to drill new wells and existing wells deeper. Additionally, plants and animals need pollution free water for their survival. Extension educators are encouraging early education to instill good environmental stewardship in children. The Houston County Groundwater Education Day was created to accomplish this objective. The education day was conducted in the fall and included approximately 1,200 fourth graders from the Dothan City and Houston County School Systems. Children participated in three hands-on activities. Creative approaches were used to encourage knowledge retention. For example an edible aquifer permitted participants to build an aquifer from ice cream, ice cubes, chocolate sprinkles, soda, and chocolate syrup. Water filtration concepts were taught by involving the children in using various types of filters to filter vegetable oil, vinegar and soil. A Drop in the Bucket allowed children to allocate water in specific amounts according to where the water was found on earth. Follow-up surveys indicated the children did retain a significant amount of the information from the activities and even talked with their parents about it.

Extension agents in Houston County reported an increase in the number of clients inquiring about indoor air quality and indoor mold problems. A young couple referred to the Houston County office by the local public health department was very frustrated because they were having difficulty in locating the cause of an extensive indoor mold problem. The couple believed that the mold growth was causing flue like symptoms in the children and themselves. They thought the mold problem was caused by a failing roof and had even filed a claim with their insurance company. However, after the county agent performed a brief assessment, he concluded that the culprit was the home hvac system. Observation of the iced over coil indicated that the unit had been malfunctioning for quite some time. They were able to have a hvac technician repair the unit and almost immediately the mold ceased. The couple also had noticed a significant improvement with their flu like symptoms.

C. Fiscal and Human Resources

Ten (10) County Agents were initially signed up for this State Major Program (SMP) for a total of 302 days. At years end 222 days were reported.

E. Program Visibility, Exposure and Future Plans

As we move into the new programming cycle for 2005 – 2009, activities normally reported under this program area will be planned, implemented and reported as Animal Science and Forages Program Priorities or Home Horticulture Program Priorities.

ETP24A. Integrated approaches to Nontraditional Agriculture

By JACQUELINE UMSTEAD JOHNSON

David Lee Daniel, County Extension Agent, Lowndes County Extension Office
Robert Spencer, Small Farmers Outreach Office, AAMU

Total Number of Extension System Personnel participating in the Extension Team Project: 6

Total Number of “Planned Days” Associated with this Extension Team Project: 165

Program Objectives of this Extension Team Project:

a) Provide ongoing Cooperative Extension System support to the public community (end-user).

- Provide training tools, program activities, and educational materials to County Agents and Clientele.
- Identify and address current needs and emerging issues in Animal Health Care Delivery concerning small ruminants and alternative livestock enterprises (rabbit).

b) Identify management practices that adversely impact production outcomes and limit profitability.

- Encourage the use and adaptation of existing or new technologies, practices & systems, wherein the end result is a sustainable production system that enhances animal well being and increases cost effectiveness.

c) Systematically integrates, demonstrate, and utilize proven reproductive technologies and strengthen Extension partnerships and research collaborations to enhance the efficiency of reproduction management in small ruminant flocks/herds.

d) Provide group or individual assistance to county agents developing educational programs and instruction in small ruminants, with particular emphasis on meat goat.

e) Provide accessible information, encouragement, and assistance to other veterinarians within, and outside, the state (AL) who provide herd and flock health management and production services.

5. If the Objectives Were not Accomplished, Please Explain: N/A

6. Describe Program Activities Associated with the Above Named Project Objectives. What

Were the Major Impacts of the Project Activities?

Program activities inclusive for 2003 were focused on project development, program delivery, and marketing strategies.

Requests for Flock health visitations were fewer during this project-reporting period. However, several producer meetings were held at area county levels to support the instructional needs of meat goat producers. These meetings, held in Selma, Tuskegee, and Huntsville, AL gave meat goat producers key information on goat production, parasite control, and food safety.

Lowndes County Extension agents identified 12 clientele to attend the Selma meetings and conducted two meat goat production meetings in Lowndes County, which encouraged small farmers to raise goats.

As the popularity of meat goat production increased, Lowndes County has experienced growth in 2 medium-sized goat production operations and 5 smaller ones. Marketing efforts were aimed at the Hispanic community and a small processing plant (Dallas County).

The second annual Goat Day Workshop (September) was hosted by Alabama A&M University and the Alabama Farmers Federation's Commodity Association. More than 50 producers were in attendance. Topics addressed included management of reproduction, quality assurance, grazing alternatives, and marketing.

7. What Was the Total Number of Clientele Served?

Since the initiation of this ETP and related activities, 235+ Extension clientele have been identified and served. Some 80 face-to-face contacts and more than 100 non face-to-face contacts have been reported during the 2003 period of this ETP.

8. Describe Any New And/Or Nontraditional Methods Used. N/A at this time.

9. Describe Any Partnerships/Collaborations In Support Of This Extension Team Project. What Did the Partners Contribute To the Extension Team Project?

Tuskegee University provided a tour of its meat goat facilities to producers in Lowndes & Macon Counties and Alabama A&M University's School of Agricultural and Environmental Sciences hosted its 2nd annual Goat Day at the Winifred Thomas Agricultural Research Station. Agencies and institutions represented/participating included the Office of the Alabama State Veterinarian; UKSDA/IFAFS Food Safety Education for Goat Producers; Sweetlix, Inc.; The Federation of Southern Cooperatives-Agroforestry; Alabama Department of Agriculture and Industries, and USDA/Agriculture Marketing Service.

10. Was External Funding Solicited In Support Of This Project? If So, Please Define the Funding Source and Amount of External Funding.

Sources of external funding are being sought.

11. Define Any New and/or Nontraditional Audiences Served by This Extension Team

Project.

Veterinarians in urban areas; goat producers, whose commodity traditionally remains undeterminable in agricultural statistical data analyses, and the small ruminant industry (as a whole), considered a minor livestock commodity needing serious attention and sheep producers, whose commodity has returned to the minor species list.

12. Please Attach Success Stories For This Extension Team Project.

None to report during this period.

13. Are There Color Photographs or Videos, Taken at any Of the Extension Team Project's Activities, Which May Be Used, In the Director's Annual Report? None during this period.

14. The Director's Annual Report Will Cover the Entire Year of 2003. What Further Activities and/or Accomplishments Do You Anticipate As A Part of This Extension Team Project through the End of December 2003? None to report during this period.

15. Feel Free To Provide Any Additional Information You Deem Necessary to Better Explain This Extension Team Project.

Nothing to report during this period.

16. Describe Any Program Activities In Which You Were Involved Through Other Extension Team Projects (ETP Numbers) For Which You Did Not Have Primary Leadership. N/A

17. Describe Any Non-ETP Related Work In Which You Were Involved.

Opportunities in veterinary medicine were presented during the 2003 Career Fair at Williams Technology Middle School, HSV, AL, which encourages youth to pursue interests and aspirations in veterinary medicine. A multimedia presentation was also developed to augment program delivery.

FYI: Fore Fronting Youth Initiatives is a collaborative linkage with the Boy Scouts of America. In January 2003, a Junior Leadership Training program was held and on May 17th & 18th, 2003, a merit badge Camp Jamboree was coordinated and held at the WTARS research station. Youth development activities for pet care, veterinary medicine, dog and cat care, computers, animal science/husbandry and much more were provided. Development of a JLT video was also done for use during these activities.

ETP24B. Urban and Nontraditional Horticulture

By CATHY SABOTA

A. Description

There are over one million households in Alabama's urban areas. Just over 71% (836,472) of these households own their own homes. These homeowners place heavy demands on county educators to provide information on landscapes and maintenance. Most horticulture

agents receive over 500 calls per year requesting information and assistance with their landscape or it's maintenance in the urban areas of Alabama, there are over 170,000 households living below the poverty level of income. While federal and state dollars continue to decrease, additional forms of support must be found to supplement these household resources. County educators in several urban areas have established community gardens that distribute produce to as many of these lower income families as possible. Distribution of produce to these families not only lowers the dollars spent on food, but also increases the quality of food these families are receiving.

Urban youth are often unaware of farming and how much it affects their lives. Understanding about how crops are grown and different types of produce not only demonstrate agricultural techniques but also teach lessons in biology and other sciences.

B. Actions and Activities

Vermicomposting

Presentations on vermicomposting were conducted at the Environmental Educators Association of Alabama, Northridge High School, and Arcadia Elementary School in Tuscaloosa County. A presentation on the definition of vermicomposting, the steps in vermicomposting, and the benefits of vermicomposting were developed. Participants made their own vermicompost. Forty teachers and students created their own vermicompost and learned how they can compost in a limited amount of space.

“Controlling Mosquitoes”

Due to the growing concern of the West Nile Virus a “Controlling Mosquitoes” program was conducted. The speakers included specialists from Auburn, the USDA, Tuscaloosa County Health Department, and the Mosquito Industry. Topics of the program were West Nile Virus in Tuscaloosa, Tuscaloosa County Chemical Control, Mosquito Control Strategies, Mosquito Biology and Behavior, An Overview of Arboviral Surveillance in Alabama, as well as Pesticide Safety and Record Keeping. Thirty people participated in this program. One participant stated, “I learned so much about mosquitoes I never knew, it was a great program”.

Growing Together

The growing together tree-planting program was developed by the National Tree Trust to teach children about the important role tree planting and tree care plays in keeping our environment healthy. This program was conducted at three city schools in Tuscaloosa County with 190 students participating. The students learned the importance of trees. Following the program the students were tested on the importance of trees. And when asked why trees are important all the students knew trees produce oxygen. In addition each student could name two things made from trees. With answers ranging from food, pencils, houses, and gum to shade. In addition to learning about trees, each student planted their own tree from seed and took it home.

Office Recycling

In January of 2003, Michelle Mobley started the recycling paper program at the Tuscaloosa County Extension Office. All paper products are taken to Alabama Paper Products where it is recycled into roofing felt. The reason for starting this program was to reduce waste and to

“practice what you preach”. When she goes into schools teaching environmental lessons she tells the students they should recycle, and she felt responsible to recycle in her own environment. This year she recycled approximately 3000 pounds of paper and received \$21.50. The money is used to buy recycled paper.

Earth Day Projects

The Earth Day Groceries Project is an environmental awareness project in which grocery bags are borrowed from a grocery store and then students decorate the bags with environmental messages for Earth Day. Then the decorated bags are returned to the grocery store and passed out on Earth Day. This is an internet project, which allows all types of organizations to be involved. Two schools in Tuscaloosa County decorated over 500 grocery bags. Not only was this something the students enjoyed, but also the shoppers. The manager of the local grocery store said the shoppers enjoyed receiving these bags and seeing what each bag said.

Horticulture programs were conducted as part of the “Earth Day Celebration”. Approximately 1,023 students were taught the importance of plants to the environment and either received a plant or planted their own tree.

Horticulture Therapy

In November of 2003, Michelle Mobley started the Horticulture Program for Heritage Health Care Center and Northport Estes in Tuscaloosa County. These two nursing homes will participate in a horticulture program once a month. They have planted window boxes and made Christmas tree ornaments for the birds. This program was developed to improve the bodies, minds, and spirits of these residents. This has been a program the residents enjoy and look forward to each month according to the Activity Directors.

In the spring they will have raised beds where the residents can plant their own garden. This is very exciting for some of the residents because at the start of project one gentleman said, “I wish we could have a garden” and another person quickly said, “those are days of the past”. Michelle Mobley has responded to their request by establishing raised beds and making gardening a future for these residents.

Greenhouse for the Special Needs Class at Hillcrest High School

The Greenhouse/Horticulture Program for Hillcrest High School’s Special Needs Class in Tuscaloosa County began September 2003. The students in this class have various exceptionalities: autism, mental retardation to multiple disabilities. The reason for starting this program was to provide these students the opportunity to obtain vocational skills and improve their motor skills.

Each week a lesson is conducted with the help of community volunteers. These lessons range from learning how to put on gloves, filling pots up with soil, planting seeds, planting transplants, plant propagation, fertilizing, proper watering, and inventorying the plants. In addition the students are conducting general maintenance each day.

These students are gaining information and using it in a functional way. For instance, at the start of this program putting on gloves was somewhat challenging and would take anywhere from one to three minutes with assistance from volunteers. Now the students are able to put

on their gloves in a few seconds with little assistance. Another great accomplishment is that the students initiate work as soon as they enter the greenhouse. The teacher of this class is very excited about this program and stated, "This program has given my students a sense of purpose and accomplishment. It has also allowed my students to connect with others from the community and increase diversity." This program will continue until the end of the school year. Currently the students are preparing for a plant sale in the spring.

Community Garden

Extension's Urban Affairs and New Nontraditional Programs unit was awarded \$250,000 from Alabama State Representative Knight (D) Montgomery to develop urban agriculture programs for Montgomery and other urban counties. Urban agents submitted proposals for these funds and the following projects are currently being established in Alabama.

Michele Mobley in Tuscaloosa County has established the "Plant and Extra Row" Urban Community Gardening Project. Her project started last year with the goal of getting gardeners to donate fresh vegetables and fruits to local food banks. Gardeners are encouraged to plant an extra row of produce to donate and then deliver that produce to the food bank after harvest. She will be expanding the "Plant and Extra Row" program this year and plans to start a community garden in the Tuscaloosa area. Mobley will also work with various organizations to obtain volunteers to participate in the project. The garden will be used as an educational tool for city youth, giving them the opportunity to grow their own produce and educate them about where the food they eat is obtained. She does plan to sell some of the produce from the garden to allow for garden sustainability.

Phillip Carter in Houston County plans to establish a honeybee and pollination education and training program in Landmark Park in Dothan. The program objective is to recruit 5-10 individuals for the program. These participants will hear lectures and receive hands-on training from experienced beekeepers to learn how to properly manage their own beehives. Each participant will be given one hive free of charge and will be responsible for managing the hive and finding fruit or vegetable producers that are growing crops that need pollination. Viable hives and beekeepers are in short supply in Alabama. It is anticipated that this program will not only train new beekeepers, but also help fruit and vegetable producers optimize the yields of crops such as squash, watermelons, cucumbers and muskmelons.

Hayes Jackson in Calhoun County plans to construct and maintain a working banana farm on the campus of Coosa Valley Youth Services in Anniston. He plans to plant one acre of hardy ornamental bananas that will be sold locally as potted or bareroot specimens. The program will train local youth about horticulture, entrepreneurship, and nontraditional agriculture.

Thomas Daugherty at the Mobile Urban Center plans to establish multiple community and school gardens by using a "Garden Roadshow." He will create a mobile garden unit with equipment and supplies that can be moved to various locations. He plans to provide a mechanism to move diverse community garden projects from the meeting stage to established gardens. These gardens will be used for production and education, and produce will be distributed to the participants or to designated recipients in the area.

Mark Mayeske has worked with the Birmingham Urban Garden Society (BUGS) program for

several years. He plans to establish ten new community gardens and 15 new school learning gardens. He also intends to train volunteers for this program to be "Garden Angels." Gardening increases science test scores, teaches patience and responsibility, and increases interest in eating a variety of vegetables. Mayeske plans to create competition and recognition between schools and students relative to their gardening skills and knowledge. This project will also launch several more BUGS gardens into entrepreneurship ventures. Project participants have been offered a free stand at a prominent market and are developing plans to work with the Hope 6 revitalization project in downtown Birmingham that will have a full production kitchen built for surrounding low-income residents. Residents will have the opportunity to begin to learn to run a food distribution business, thus return unemployed citizens to the job market.

Valerie Conner and Deborah Boutelier's are working with several other agencies in Autauga County to construct a community garden. The City of Prattville has provided land to be developed into a community garden to serve limited-resource families and senior citizens. The garden is located in an area designated for economic redevelopment with an eye towards maintaining the heritage of the community. The garden is not only productive but is attractive and enhances the downtown riverfront. The community garden was developed to accommodate diverse populations who otherwise would not be able to participate in the production of foodstuffs. The planting beds are raised and the pathways paved to accommodate wheelchairs and semi-ambulatory citizens. The City of Prattville also provided an area for the development of a fragrance garden for sight-impaired citizens. Signs for plants were designed for sighted and sight-impaired visitors. Several community partners are involved in these programs. The fragrance garden, located in Overlook Park has become a reality in the past months. This grant was approved to purchase the plantings for the garden. The planting of fragrant and textural plants was accomplished in May of this year. These will be evaluated in the spring and adjusted as necessary. In June of 2003, this garden was on the local Parade of Ponds. Many visitors have enjoyed this garden since it was opened.

A CASA (Care Assurance System for the Aging) Community Garden and Harvest Ministries project, in Huntsville, produced 11,954 pounds of produce in 2003. Both gardens utilized volunteers from Master Gardeners, churches, Boy Scouts, civic groups, and corporations. Over 1000 people volunteered their time to the CASA Community Garden and Harvest Ministries gardens. Beans, cucumbers, eggplant, greens okay, peppers, tomatoes, sweet potatoes, zucchini and yellow squash were distributed to over 7500 elderly and homebound.

Kershaw Community Garden in is a 5-acre community vegetable garden. It is a partnership between several State, City, County, and non-profit organizations. Montgomery County Extension Office is one of the working partners. The Alabama Coalition Against Hunger is the leader organization. County agents provided educational workshops, literature and hands on demonstrations at field days to audiences consisting of youth and senior citizens. Bonnie Plant Farm donated seedlings. The garden is active from March-November. Alabama Agriculture & Industries donated black plastic mulch and installed drip irrigation for the garden.

During the summer months, crops such as tomatoes, eggplants, squash, okra, watermelon, cucumber, peas, butter beans, and snap beans are planted and harvested by Alabama

Coalition Against Hunger employees, community volunteers, and youth volunteers. Produce collected from the garden is distributed to Montgomery Food Bank, Salvation Army, Beulah Baptist Church Senior Citizens, seniors who attended several field days, youth who attended field days and other local churches. The garden is planted in cool season crops in the fall and early spring such as collards, turnips, broccoli, and mustards.

Urban youth who have never experienced planting, harvesting, and eating fresh vegetables were given the opportunity to learn where fruits and vegetables come from, how they grow in the field, how to prepare them and the benefits of eating fresh vegetables. Over 500 youth spent 2-3 hours at field days and demonstrations at the garden. The Montgomery County Urban Agent led garden tours describing the different vegetables growing in the garden, provided hands on demonstrations on the correct way to harvest vegetables, how to tell ripe from unripe fruit, the purpose of plasticulture in the garden and the importance of fresh fruits and vegetables. She also provided similar tours and demonstrations to over 150 senior citizens. Youth and seniors alike expressed that they would eat more fresh fruits and vegetables, that they learned the importance of drip irrigation, and that using black plastic as a mulch really did increase the amount of fruit on the vines.

Trees are my Friends

The Montgomery county Urban Agent conducted six workshops to urban youth at Montgomery Housing Authority Housing Projects "Summer Enrichment Program" and urban forestry educational programs to over 200 youth during the months of June and July 2003. "Trees are my Friends" teaches kids the importance of trees and encourages urban youth to get involved in tree planting and tree care in their neighborhoods. Youth who were a part of the program said they now know that trees are important and learned ways to take care of trees.

Weed and Seed Project

In another urban area a landscape project with the Weed and Seed Program (Weed out Crime Seed in Hope) was established in Madison County. The community council determined three sites that needed additional landscaping. College students were recruited to participate in the renovation of these sites. All work is completed and both the students and residents have been positive about the results.

C. Results, Impacts and Benefits:

Several horticulture programs were established in the school systems in urban counties and include vermiculture, horticulture therapy, trees and earth day and recycling. These programs have taught students how to recycle not only paper but waste fruit and vegetable products to create an environment for worms which in turn produce compost. Forty teachers and students each created a vermicompost that can be used in a home, apartment or a school cafeteria. Not only is the compost valuable, but also so is the sale of worms. Students also were taught the value of recycling. The Tuscaloosa County office recycled over 3,000 pounds of paper, the proceeds of which were used to buy recycled paper.

Earth Day presents an opportunity for educators to teach students about trees, the environment and the role of humans in the whole process. Almost 1200 students learned

about the production of oxygen by trees and how they are used to produce products that are part of our everyday lives. Each student also planted their own tree from a seed and took them home. Earth day is also about teaching others. By decorating grocery bags, students were able to inform consumers of grocery stores about Earth Day.

Horticulture therapy programs in schools and nursing homes have given both the elderly and students a sense of purpose and accomplishment. Students are learning from the community and diversifying their classroom experience to include plant sales. Nursing home participants have planted window boxes and made Christmas tree ornaments for the birds. Residents look forward to the monthly program that will be expanded to include an outdoor garden in 2004.

A fragrance garden for the blind was completed in June 2003. This garden was on the local Parade of Ponds and many visitors have enjoyed this garden since it was opened.

Community gardens established by Extension personnel using grants, donations and other resources produced over 12,000 pounds of produce in 2003. Gardens utilized 1000 volunteers. Food was distributed to over 7,500 elderly and homebound.

D. Fiscal and Human Resource Input

According to reported data, 16 employees worked 884 days on this project in 2003. The value of this professional time is \$21,924.00. County agents and specialists that participated in this program estimated that they and other volunteers raised an additional \$220,000 in local contributions, grants and donations to carry out many of the local activities, demonstrations and community gardens. Based on data reported by county agents, a total of 2,500 hours of local volunteer time was donated to help with the training and garden demonstrations. The value of this volunteer service is estimated to be \$37,500. The Weed and Seed grant provided funds for plants and two students to supervise the landscape project. In all, ACES was able to leverage it's funding for this program by 1174% and generated an estimated \$19,500 return in food donated and grown for program recipients. Agents' contacts included 285,984 rural and 1,899,602 urban residents.

County educators and specialists created linkages with Environmental Educators Association of Alabama, Northridge High School, and Arcadia Elementary School in Tuscaloosa County, USDA, Tuscaloosa County Health Department, National Tree Trust, Heritage Health Care Center, Northport Estes, Heritage, Hillcrest High School, Coosa Valley Youth Services, Birmingham Urban Garden Society (BUGS), City of Prattville, CASA (Care Assurance System for the Aging), Community Garden and Harvest Ministries project, Alabama Agriculture & Industries, Alabama Coalition Against Hunger, Montgomery Food Bank, Salvation Army, Beulah Baptist Church Senior Citizens, Montgomery Housing Authority Housing, and the Weed and Seed Program (Weed out Crime Seed in Hope).

E. Program Visibility, Exposure and Future Plans

County Educators and Specialists have created linkages with many volunteer organizations, government and private agencies and received publicity for several of their projects. Several success stories have been developed from these efforts. All community gardening programs will continue into 2004 with funds received from the legislature. The Alabama Cooperative Extension website will feature the gardens this spring and they have been reported in Metro News.

The upcoming year will include the establishment of the community gardens. These gardens are proposed to be self-sustaining and should continue as long as there is a need in the community.

ETP24B. Urban and Nontraditional Horticulture – Success Story: *Community Garden to Help Limited-Resource Autauga County Citizens*

By DEBORAH L BOUTELIER

Having fresh produce to eat is perceived as a given for most, but for some it is a luxury they cannot afford. Thanks to a new community garden project in Autauga County over 200 limited-income families and individuals have received free, fresh, organic produce throughout the last year. The Autauga County Extension Office, in conjunction with several other agencies, has constructed a community garden to serve limited resource families in the Autauga County community. This project is helping create a community image that is perceived as positive by both residents and passersby and is creating opportunities for citizens to work together to improve their community. The other aspect of this project is providing a sensory garden for the sight-impaired citizens of this community. These two projects have been made possible through a mini-grant from Alabama A & M for Urban and Non-traditional Agriculture Programs.

Community Garden. Community members with an interest in providing fresh produce to the under-served in the county met in the spring of 2002 to develop ideas to meet this goal. The availability of the Alabama A&M grant allowed the idea to become a reality. The partnership of the Autauga County Extension Office, the City of Prattville, and the Autauga Interfaith Care Center has been able to successfully implement this concept. The grant monies from the Alabama Cooperative Extension System supplied all of the materials, the plants, and the expertise for the project. The City of Prattville provided the land that was developed into the community garden to serve limited-resource families and senior citizens. The garden plot is located in the downtown area of Prattville near limited-resource housing and a community senior center. This plot is also in the area that is designated for economic redevelopment with an eye towards maintaining the heritage of the community.

The garden has been in limited production this year while the soil in the beds is being improved. Given the mild climate in Autauga County, the garden has produced throughout most the year, except for January and February. While we were pleased with over 700 pounds of fresh produce harvested from the garden over the last year, production should increase substantially as the soil becomes healthier.

This garden attracts numerous passersby -- our Master Gardener volunteers have been able to dispense gardening information to the public and numerous volunteers have been recruited both to work in the garden and to help at the Autauga County Interfaith Care Center that distributes the produce.

This garden was designed for sustainability once the initial development stage is completed. The City of Prattville will continue to provide the water and the maintenance for the irrigation system. Autauga County Master Gardeners will continue to oversee the planting and harvesting of the crops. This should ensure many more years of vegetable production for the limited resource families in this community.



Fall Vegetables Grown in the Creekside Community Garden

Fragrance Garden. The fragrance garden, located in Overlook Park, was designed for sight-impaired persons. This garden has become a reality in the past months. The portion of the project that was funded by this grant was to purchase the plantings for the garden. The planting of fragrant and textural plants was accomplished in May 2003. In June of 2003, this garden was on the local Parade of Ponds. The garden was dedicated in the spring of 2004 during a public ceremony. In the fall of 2004, the Louise M. Smith Developmental Center relocated to the lot adjacent to the park. This center accommodates the handicapped clientele in the county. These clients have enjoyed having the sensory garden right next door! Many visitors also enjoy this passive park each day whether they are using the jogging track; the children's play area, or just relaxing in the sensory garden.



Fragrance Garden at Overlook Park



One of the Handicapped Clients Enjoying the Fragrance Garden

ETP24B. Urban and Nontraditional Horticulture – Success Story: *Houston County Community Beekeeping Program*
By PHILLIP A. CARTER

The Houston County Community Beekeeping/Pollination Program in Dothan has been in operation since winter 2004 thanks to funding through a Community Garden grant from the New and Nontraditional Extension Programs at Alabama A&M University. For over a decade now research has shown a significant decline in the feral honeybee colonies throughout the United States, especially in the southeast. Even local vegetable producers are commenting on the noticeable decline of honeybees on their crops. In addition, there continues to be a decline in beekeepers that use their honeybees for pollination. In other words, our agricultural crops and ornamental plants are suffering from the lack of pollination. This program was created to educate the public on honeybee preservation and their multi-billion dollar contribution to our society, contribute honey to the local food bank, demonstrate their contribution to cucurbit pollination with local vegetable producers, and to help eight local individuals become competent beekeepers so they could earn an income from selling honey and pollination leases. An outdoor honeybee observation and demonstration area was constructed at Landmark Park to educate the public and eight program participants on managing honeybees and the use of honeybee colonies for pollination. Several outdoor honeybee programs were conducted at Landmark Park. Several school groups were given pre and post tests to gather information on what they had learned from the program. The posttests demonstrated that the children had a much greater appreciation for honeybees and would not harm them due to their importance to our society and the environment. The bulk of the pollination project will be conducted spring 2005 since the new colonies were not strong enough the first year. Two of the eight beekeepers worked with some local vegetable producers for pollination of their cucurbits, such as watermelon, muskmelon, squash, and cucumber. The vegetable producers were convinced that pollination from the mobile colonies had a significant impact on improved vegetable production, especially fruit size and shape. Five gallons of locally produced honey was donated to the Wiregrass United Way Food Bank.

ETP24B. Urban and Nontraditional Horticulture – Success Story: *Alberta Community Garden*
By MICHELLE L MOBLEY

In May 2004, the Alberta Community Garden was established on the grounds of West Alabama Headstart. The location of this garden is in the inner city of Tuscaloosa, Alberta, which is a low-income area. This garden area of 4,000 squared feet was divided up into small plots for families in the community, as well as reserving an area for the students of Headstart. Four families participated in this garden and produced approximately 606 pounds of vegetables. These vegetables saved the families \$697. In addition to the family plots was a plot for the students from Headstart. These students harvested approximately 60 pounds of vegetables. These vegetables were donated to the local Salvation Army and Soup Kitchen, saving the food banks \$75.

The families participating in this program enjoyed the garden tremendously. One of the ladies who has a plot is on disability and she talked about how the garden has given her

something to do and is therapeutic for her. All of the families were excited about how much money they saved by growing their own vegetables. When every family was asked if they ate more fresh vegetables this summer because of the garden they smiled and said definitely. They also all agreed that because of the garden they were eating more nutritious meals. This was the first time for two of the families to ever grow vegetables. Both of these families were very proud of all they produced and said, "they couldn't believe they did it".

ETP24B. Urban and Nontraditional Horticulture – Success Story: *Horticulture Therapy*

By MICHELLE L MOBLEY

A horticulture therapy program was developed in which plants and gardening activities are used to improve the body, mind and spirits of adults with physical, psychological and/or developmental disabilities. Horticulture programs are conducted monthly. A garden was planted with wheelchair accessible beds and large containers being used so that all residents can participate. At Heritage Health Care Center 120 pounds of tomatoes, 40 pounds of eggplants, 30 pounds of bell peppers were harvested. After harvesting these vegetables the cafeteria workers enjoyed preparing them for the residents. Not only was this a nutritious meal for the residents, but it also helped save \$75. The activity director stated "this garden has provided the residents with a sense of pride and accomplishment, whenever anyone visits the residents have to show them the garden and what they are growing. She specifically spoke of two ladies, who use to try to run away and wanted to go home, but since the garden "their attention is redirected and they have not tried to leave."

ETP24B. Urban and Nontraditional Horticulture – Success Story: *Alabama's First Ornamental Banana Farm*

By HAYES A. JACKSON

In cooperation with Coosa Valley Youth Services and The Alabama Cooperative Extension Office in Calhoun County, Alabama's first ornamental banana farm has been established on the campus of the youth-at-risk facility. The project was made possible through a grant received via AAMU under establishment of non-traditional agriculture crops in Alabama.

The purpose of the project is to broaden life and job skills and foster learning through horticulture therapy and related hands on experiences. Although in its infancy, the program is already having positive impacts on the youth residents. The students receive weekly classes and have participated in business planning, advertising, and farm maintenance. Of the 46 participating students, all have consistently improved knowledge based on pre and post-test data. Percentage of improvement has varied per student basis, but all have shown increases.

Program volunteers and faculty have been interviewed on program effectiveness and impacts. Results have been overwhelmingly positive. One volunteer (S. Franklin) has stated

that profound differences in subject knowledge, interest and overall attitude are dramatically improved over time.

ETP 28F. Farm Safety Training

By JESSE COBB

A. Description:

Farming is one of the most hazardous occupations nationwide. The fatality rate among farm workers is 21 per 100,000 nationwide. Alabama has approximately 60,000 farm workers with an expected fatality rate of 12 workers each year. In order to reduce the expected fatality rate, it is necessary to provide dedicated farm safety training on a continuous basis. It has been reported that one farm in five (20%) will experience an injury to at least one worker that is serious enough for medical treatment and at least one lost workday every year. This Extension Team Project is designed to reduce the number of farm fatalities and injuries by soliciting local county personnel to provide a constant reminder about personal safety.

In Alabama, more than one half of all farm fatalities are the result of utility tractor incidents. More than one half of those are the result of tractor overturn. At least 95% of all tractor overturn incidents resulting in a fatality can be prevented by using tractor Roll-Over Protection (ROPS), which are bars that limit rollovers and prevent crushing the operator, when the associated seat belt is used in conjunction with the ROPS.

The first priority of this program is to provide training for all agricultural workers on safe use of farm tractors, implements and farm equipment, since this is the cause of the majority of all Alabama farm fatalities. In order to reduce risk to Alabama farm youth, they are trained by providing farm safety education for youth including safety day camps and training materials for farm families. Injury reduction is accomplished by educating workers and farm families on ways to reduce farm injuries for both adults and youth.

B. Actions and Activities Carried Out:

There were 23 different county meetings across Alabama where farmers and farm workers were trained on safety considerations and 13 county personnel held farm safety training sessions in conjunction with other training programs. There were at least 6 youth farm safety days held in Alabama in 2004, with more than 1000 youth participating in the events. Several of these events involved multiple counties participating. There were more than 11,000 adults and youth that participated in safety training in Alabama by the Alabama Cooperative Extension System in 2004. There were 17 county fairs that local county personnel participated in and promoted farm safety. Some of these fairs had a poster display only and some had manned booths where literature was disseminated.

The project coordinator attended two regional Farm Safety Symposiums and conducted 10 personal county trainings on farm safety in 2004, reaching 2977 Alabama participants.

A mini-web site dedicated to Farm Safety Education was designed and put in place by the Alabama Cooperative Extension faculty and staff in 2004. That web site can be accessed from the rotating icons on the Alabama Cooperative Extension System main page. <http://aces.edu/farmsafety> is the direct link. The web site currently has numerous training materials to address all farm safety concerns that have ever occurred since 1986.

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

The fatality rate has dropped from an average of 11.4 prior to 2002 to 6 per year since this program began in 2003. Data is not available for actual injury numbers but according to NIOSH (National Institute of Safety and Health) a proportionate drop in fatalities will result in a similar reduction in serious injuries. The fatality rate has dropped by 53 % since 2003 and beyond and the injuries should be closer to 10% than 20% when the fatality rate was at 11.4 workers per 60,000 or about one-half of the serious injuries now compared to just three years ago. Since injuries cost agricultural producers an average \$500.00 each, according to NIOSH data, and there are about 45,000 farms in Alabama and we have reduced injuries to about 4500 instead of 9000, the direct saving to agriculture should be about 2.25 million dollars or 22.5 million dollars in produced product sales, since agriculture has an approximate 10% profit margin, for which to pay for these injuries. The monetary value placed on fatalities is one million dollars according to The U.S. Department of Transportation and although that is arbitrary since life is precious and cannot be replaced, the total monetary value of the farm safety education program should approach \$7,650,000 to the Alabama economy, with the majority of the benefits going to Agriculture.

D. Fiscal and Human Resources:

There were 14 county personnel and two Extension Faculty/Staff that participated in the ETP – 28F Alabama Farm Safety Training in 2004. There was a total of 205.8 days that were devoted to the program and there was about \$12,000 provided by USDA, CSREES to support this program in 2004.

E. Program Visibility, Exposure, and Future Plans:

There are numerous media ads that are located on the farm safety mini web site. Most of the county personnel have used the ads and some have put together their own ads. About one half of all Alabama counties offer farm safety awareness and training for their agricultural clientele on an annual basis. There have been numerous newspaper articles alerting motorists about slow moving vehicles (primarily utility farm tractors) on Alabama highways. These ads appear to have reduced highway crashes with farm tractors to less than one each year.

Future plans include working with all horticultural businesses that are regulated by OSHA (Occupational Safety and Health Administration). All of these businesses must provide a safe and healthy work place for their workers. My plans are to design and put in place a training program that will meet OSHA regulations that all of the Alabama horticulture businesses can access from the Farm Safety training mini web-site and be compliant with OSHA regulations, thus avoiding fines and penalties. I am currently working with OSHAs' Shawn Sharp to get that accomplished in 2005.

ETP 29B. The Alabama Junior Master Gardener Program

By DARRELL LEE RANKINS

A. Description:

The Junior Master Gardener (JMG) Program is a five year old international 4-H youth gardening program that was started by the Texas Cooperative Extension Service at Texas A&M University.

JMG offers horticultural/environmental science education and leadership and life skill development through fun and creative activities. The program utilizes schools, volunteers, Cooperative extension networks, and other youth organizations to educate these young gardeners. In addition, the JMG program incorporates service learning and volunteerism enabling young people to make a positive contribution to their home, community, and country.

The JMG program is supported by a curriculum that contains both individual independent study activities for youth and group activities for the JMG teacher or leader to use with their JMG group. The curriculum is made up of eight chapters including plant growth and development, soils and water, ecology and environment horticulture, insects and diseases, landscape horticulture, fruits and nuts, vegetables and herbs, and life skills/career exploration.

Program Purpose:

- Develop leadership skills.
- Identify community needs/volunteer opportunities.
- Peer and cross generation mentoring.
- Foster personal pride and responsibilities.
- Increase knowledge in horticultural education.

Program Goals:

- Building youth leaders by utilizing environmental science as a vehicle to develop academic skills, character education, and service learning.
- Enhancing reading, writing, science, and math skills through "hands-on" and applied learning.
- Providing certification and recognition of youth for attaining personal goals.
- Utilizing peer teaching and cross-generational mentoring for program delivery.
- Improving the health and nutrition of youth through gardening and nutrition education.
- Providing a strong and positive link between public and higher education to collaboratively prepare youth for tomorrow's workplace through career exploration, school to work programs, and basic life skill enhancement.

The Alabama Cooperative Extension System partnered in 2002 with the Texas Cooperative Extension Service to bring this program to Alabama. Pilot programs were established in 15 counties in November 2002 to introduce and implement the JMG program. County Extension agents, schoolteachers, master gardeners, and 4-H volunteers from these pilot counties attended a training workshop on the JMG program. In 2003, efforts began to

expand the JMG program statewide. Two additional training workshops were held with efforts to help implement the program in other counties.

B. Actions and Activities Carried Out:

During FY 2004, the Alabama Junior Master Gardener program received funding from Bonnie Plant Farm, a division of Alabama Farmers Cooperative, and began a major campaign to further introduce JMG to teachers and leaders across the state of Alabama. Fifteen teacher/leader training workshops were held in early 2004. These fifteen workshops were competitively awarded to Extension agents that applied for the funding to host a workshop. These workshops were conducted on the local level and consisted of one to three counties. Approximately 311 teachers, Extension agents, master gardeners, and 4-H volunteers attended the 2004 local JMG training workshops. Since the Alabama Junior Master Gardener Program was initiated in 2002, a total of 21 workshops have been conducted and a total of 626 people have attended.

Other activities carried out throughout the year by Extension agents included identifying potential people, groups, businesses, and organizations who might be interested in conducting, supporting, and funding the local JMG programs; submitting mass media articles on the JMG program; and distributing of information letters of interest on the JMG Program to prospective youth, teachers, volunteers, parents, and groups. In addition, many Extension agents, master gardeners, and 4-H volunteers, have continued to directly support and assist teachers with the JMG program.

The Alabama Junior Master Gardener Program is a multi-organizational and multi-state organization effort. In addition to the Alabama Cooperative Extension System (ACES), other organizations that have contributed in various ways are the Alabama Farmers Federation, the Alabama 4-H Foundation, the Alabama Nursery & Landscape Association, and the Alabama Master Gardener Association. ACES is in direct partnership with the National Junior Master Gardener Program and Texas Cooperative Extension at Texas A&M University.

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

Feedback from participants that attended the local JMG workshops in 2004 was extremely positive. When asked "do you feel more confident in participating in the JMG program because of this workshop," of the 282 evaluations completed and returned by participants, 259 people gave it a ranking of 5, 21 ranked it 4, and 2 ranked it 3, with no lower rankings (1 to 5 scale with 5= completely and 1= not at all).

Extension Agents have reported working with at least 7,631 people directly by educational efforts pertaining to this ETP. As of December 2004, approximately 80 JMG groups were officially registered statewide in Alabama. This accounted for over 2,200 youth directly involved with a JMG program. It is worthy to note that the calendar year is different than the school academic year and may not reflect the latest and accurate number of participation in the JMG program.

Past national surveys and evaluations have shown that JMG has increased youth interest in science, and enhanced the classroom/educational program and contributed to higher academic standards. It has also shown that the JMG program and learning activities result in youth more enthusiastic about learning. Other studies have noted the JMG has increased self-esteem, helped students develop a sense of ownership and responsibility, helped foster relationships with family members, and increased parental involvement at school. Finally, research has also noted significant improvement in eating behavior - children were eating more fruit and vegetable snacks by the end of one study.

D. Fiscal and Human Resources:

The cost of the JMG curriculum, printed handout materials, miscellaneous activity items, refreshments for breaks, and a meal provided to participants at each JMG workshop is approximately \$1,742.50. All of this cost is covered by Bonnie Plant Farm, which has provided the funding for this program.

The Alabama Cooperative Extension System expended approximately \$3,700 for travel of Extension personnel to conduct and attend the workshops held during 2004. In addition, 25 ACES employees spent 355 days on this project in 2004. The value of this professional time is approximately \$68,160, so the total estimated cost to ACES for this project for 2004 was \$71,860.

E. Program Visibility, Exposure, and Future Plans:

Extension Agents involved in this program have reported that there is a great interest and need amongst school system superintendents and teachers for more youth gardening, outdoor classrooms, and hands-on learning. Examples of comments made on participant evaluations from JMG workshops include: "This was the best in-service program I've attended! I cannot wait to implement this program into my classroom! This is a great way to promote science and have fun while learning," and "This workshop gave me the program and materials I needed to promote Ag. Education in my classroom."

Given the popularity of the training and the highly positive feedback received, plans have been made to continue offering the local JMG workshops in 2005. Bonnie Plant Farm has again provided the resources to introduce the JMG program in more areas across Alabama and fund 10 local JMG training workshops. In addition, some funds have been set aside to help support and meet the needs of existing JMG programs that have been started recently.

In addition to the local JMG workshops, more publicity and program exposure is needed in the future on the local and state level. In addition to newspaper articles and other media outlets, other ways, such as a statewide publicity campaign, are being devised and explored. 4-H contests and program related activities are already being introduced and will offer some exposure, but more direct support and commitment from the K-12 school administration is necessary for the future success of the JMG program in Alabama.

NATIONAL GOAL 2:

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

ETP 11A. Advanced Beef Cattle Nutrition

By DARRELL LEE RANKINS

A. Description:

Current statistics estimate that there are 750,000 beef cows in the state of Alabama and the average herd size is between 20 and 25 cows. Thus, there are approximately 30,000 beef cattle producers in the state. All budgets developed for beef cattle enterprises show that feeding the cowherd is the largest single cost item. The results of several surveys show a difference of \$80 to \$100 per cow in feed costs between the most profitable operations and the least profitable ones. Thus, educational programs that help beef producers minimize their winter feed costs have the potential of saving several million dollars for the state's beef industry.

The Master Cattleman Program (ETP11b) is the prerequisite for this and at present over 1,500 producers have participated in the Master Cattleman Program. The Advanced Beef Cattle Nutrition program is more in-depth with regard to beef cattle nutrition programs and the use of commodity feeds. The goal is to be able to offer this program to all graduates of the Master Cattleman Program.

B. Actions and Activities Carried Out:

The program was offered 6 times during 2003 to approximately 130 participants. The producers attend 2 sessions for a total of 5 hours and are given a written handout summarizing the oral presentation as well as ANR 1237, By-Product Feeds for Alabama Beef Cattle, and an exercise evaluating numerous supplements relative to four different hay samples of varying quality.

The other multiplying effect of this program is that the participants are introduced to my website which is updated with timely information each week. The availability of the information on the web is intended to reduce the amount of time spent on individual contact with producers by me as well as by the agents.

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

Each producer who took the course was asked to complete a survey indicating how they would rate the program; excellent, good, average or poor. Also, offer any specific comments. 71% ranked it as excellent and the remaining 29% ranked it as good. Some select producer comments were: "This was most informative and helped build on to the

Master Cattleman Program.", "Very informative", "Need more of these kinds of classes".

D. Fiscal and Human Resources:

Based on the ETP signup information, 31 ACES employees allocated a total of 231.5 days to this project in 2003.

E. Program Visibility, Exposure and Future Plans:

This program has now been offered for one full year so hopefully the visibility will increase over the next couple of years. Future plans will be to offer the program as needed at the multi-county level. I feel it should be a good program to offer once Extension is arranged into the regional areas - fits the regional concept very well.

ETP11K. Comprehensive Nutrient Management Planning for AFOs and CAFOs

By WALTER F. OWSLEY

A. Description:

In 2003, the National Pork Board released a national curriculum on Comprehensive Nutrient Planning. Funds were made available to state associations to cover costs associated with producer education. After one in-service training and 6 producer meetings, it was decided that the program should continue for 2004, but target specific points within the planning process. The three greatest needs for Alabama pork producers were forage management, planning for emergencies and biosecurity.

B. Actions and Activities Carried Out:

A series of producer meetings were conducted to continue the training began in 2003. In preparation for the meetings, two PowerPoint presentations and three fact sheets were prepared covering Emergency Action Plans and Biosecurity. An agreement was reached with the Alabama Pork Producers and National Pork Board to cover the meeting costs and travel expenses for presenters. In addition to the two regional meetings, a section of the 2004 Auburn Swine Conference was devoted to forage management and its role in nutrient management.

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

The two regional and one state-wide meeting resulted in 8 hours of educational presentations, made to 70 farmers and agricultural professionals. Farmers in attendance required to register as a CAFO now have the information needed to prepare an Emergency Action Plan and a Biosecurity Plan. The impact will be determined over the next 12 months. By implementing these plans, the possible risk to the environment due to a catastrophic loss will be minimized or eliminated.

D. Fiscal and Human Resources:

The program as presented required approximately \$2000 in direct costs (travel, meals), all paid by the Alabama Pork Producers. One Regional Extension Agent, one County Agent Coordinator and three state specialists were involved in the meetings and presentations. The Alabama Pork producers handled all announcements and other mailings.

E. Program Visibility, Exposure and Future:

The program needs to expand to other commodities, especially poultry. Poultry growers were invited to participate in the regional meetings in hopes interest would develop in that commodity. Future programs are awaiting the implementation of the ACES reorganization.

NATIONAL GOAL 3:

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

ETP13A. The Beginning Education Early (BEE) Program

By ELLEN E. ABELL

A. Project Description:

The quality of parental care and involvement in the first five years is critical to the development of the physical, social, emotional, and intellectual skills children will need in order to succeed in domains outside the family, particularly in school. Parents require information that offers them knowledge, skills, and alternatives for interacting with their children to develop these skills. The purpose of the BEE Program is to increase parental knowledge and increase behaviors associated with young children's school readiness.

Paraprofessional educators are hired and trained to work with geographically isolated, limited-resource families with at least one child age 0-5. Participant families are enrolled for a minimum of 10 one-hour sessions carried out over 3 months. Participants attend their sessions at their homes or aboard a van, renovated to be a classroom-on-wheels. Outcomes sought include increased parental knowledge about (1) appropriate child guidance and support for their children, (2) skills that children need in order to be ready for school, and (3) increased parental awareness of their role in children's development.

B. Actions and Activities Carried Out:

Between January 1, 2003 and July 31, 2003, HE agents in five counties were implementing the BEE program as a result of having written and submitted competitive grant proposals for funding to support the implementation of the BEE program: Bibb, Choctaw, Pickens, Tuscaloosa, and Wilcox counties were all funded through the Alabama Children's Trust Fund. Due to State budget cuts in funding to non-State agencies, CTF funds ceased. Choctaw, Pickens, and Tuscaloosa counties were required to lay off their educators through October and Bibb was not refunded. Wilcox County was able to begin again due to new funding secured from the USDA's Children, Youth, and Families at Risk initiative.

Until July, when programs were shut down, BEE educators in these counties had worked with and graduated a total of 73. Each adult and each child in participating families received a minimum of 10 hours of education over 3 months. With parents, educators used the "Principles of Parenting" and "Basic Parenting" curricula, supplemented, as appropriate, with the "Building Strong Families" and/or "Parents as Teachers" curricula. With children, educators used either an original, developmentally appropriate early childhood curriculum, or the "Parents as Teachers" curriculum.

A competitive grant proposal, written and submitted in the fall of 2002 to USDA's CYFAR

initiative to support 3 counties to implement an expanded BEE program, was funded for 2003 – 2008. New programmatic efforts are focusing on broadening the scope of the BEE program to include health literacy and co parenting education to supplement the school readiness information that parents received in the original BEE program. Three educators/BEE program coordinators were hired in Wilcox, Macon, and Perry counties and have received training to implement BEE programming.

C. Clientele, Results, and Impacts:

BEE program evaluation strategies consist of a quarterly document review of program records, BEE educator observations and session reports, and parental self-reports of knowledge, attitudes, and behaviors through pre- and post-program interviews conducted by BEE educators. Analysis of pre- and post-test interviews with the 73 participating indicated that our targeted audience (rural, low-income families with at least one preschool aged child) was successfully reached. Of the 54 individuals who chose to answer this question, 100% reported being eligible for services based on low-income status. Participants were primarily African American (97%), single parents (63%), and had a high school education or less (86%).

In open-ended questions, 79% of parents were able to identify one or more specific ways in which their relationships with their children had been positively influenced by the program, for example, in terms of increased involvement, attention, or affection (33%); understanding (13%), the use of positive discipline (16%), and increased interest and activity in their children's learning (13%).

The three items assessing parental attitudes about the use of guidance strategies showed an average increase of 31% in appropriate responses from pre- to post-test.

When asked initially how they prepare their preschool-aged children for school, relatively few parents describe behaviors other than teaching young children basic facts or skills (e.g., ABC's, counting, tying shoes, etc.). After completing the program, more parents described school-readying behaviors that went beyond teaching basic facts: the percentage of parents reporting behaviors encouraging language skills increased from 26% to 69%; reporting self-control-related behaviors increased from 12% to 33%; reports of social skills-related behaviors increased from 12% to 13%; and reports of behaviors motivating children to learn (such as doing special projects together and creating special places for learning in the home) increased from 7% to 15%.

D. Fiscal and Human Resources:

According to the reported days worked on this project, 8 ACES employees allocated a total of 330 days to this project in 2002. In addition, 9 program assistants worked over 4200 hours working directly with the families. Work in all five counties was supported by grant funds received from the Children's Trust Fund of Alabama.

In May 2003, \$150,000 in grant funds from USDA was made available to further develop and implement expanded BEE programming in Wilcox, Macon, and Perry counties. Three employees were hired to develop and coordinate community collaborations with other agencies and organizations concerned with the parenting and co parenting skills of parents

of young children, and with health and school readiness issues. A second year of funding has been applied for to begin May 2004.

E. Program Visibility, Exposure and Future Plans

Future plans are to continue to seek external grant funding from Children's Trust Fund, if and when those funds may once again become available, and from other agencies to support county programs. Programmatic efforts with the expanded BEE program in Wilcox, Macon, and Perry counties are underway and new assessment tools are being created. Applications for continuing USDA funding will be submitted as necessary.

ETP13B. 4-H T.G.I.F. (Teens Getting Involved for the Future)

By DENISE R. SHIRLEY

A. Description:

No, T.G.I.F. does not mean "Thank Goodness it's Friday," it does mean "Teens Getting Involved for the Future." 4-H T.G.I.F. is an Alabama Cooperative Extension System community and school-based teen pregnancy prevention program that began eleven years ago in Choctaw and Sumter Counties by agents Elaine Alberson, Choctaw County and Denise Shirley, Southwest Region I, Tuscaloosa County. Twelve separate grants have been funded to support the program totaling \$911,183. Currently, 4-H T.G.I.F. is funded from a Title V abstinence-only grant from the Alabama Department of Public Health.

Among the seven counties included in this abstinence program, four are rated priority one, two priority two and one priority three. The Alabama Department of Public Health determined the priority (need) for each county based on statewide comparative data.

The 4-H T.G.I.F. program uses the Managing Pressures Before Marriage curriculum, which has the specific purpose of helping young people develop skills to resist pressure to become sexually involved outside the context of marriage. Extension Agent Assistants were hired specifically for this project and work with County Extension Agents to implement the program in each of the counties.

B. Actions and Activities Carried Out:

Sixth grade students are targeted as program participants and 11th and 12th grade students as Teen Leaders. Program implementation begins with the selection of 11th and 12th grade Teen Leaders from 21 public high schools. To insure good role models, Teen Leader selection is taken seriously. Much time and effort is put into recruitment and proper training. For program impact it is imperative that these teens be liked and admired by the preteens and be able to demonstrate that their status was not gained by being sexually active. Selected teen leaders receive a minimum of 30 hours of training and practice. To achieve the program goals and objectives, Teen Leaders team-teach the six-session abstinence-only series. Teen Leaders taught sessions in 32 elementary and junior high schools to approximately 88 classes of 6th graders.

Total participants served by the 4-H T.G.I.F. project in the seven counties for FY2004 were 4,929. There were 3,345 6th graders and 315 teen leaders. In addition, 988 adult volunteers assisted with the program. The program had a total of 24,787 client encounters. (Note: An encounter equals one hour of participation.)

4-H T.G.I.F. was one of five abstinence programs to receive a comprehensive, intensive longitudinal evaluation by Gerald and Glennelle Halpin, Ph.D.s at Auburn University. The evaluation in part consisted of a 135-question instrument given to 1/6th sample of sixth grade participants and 100% of the Teen Leaders. Each 6th grade class was divided by random number and half of the class took the pre test and the other half the posttest. All teen leaders received a pre and posttest.

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

From 1998 to 2004, over 31,000 young people have participated in the 4-H T.G.I.F. program. Gerald and Glennelle Halpin are tracking the rate of pregnancies to teens and the incidences of sexually transmitted diseases. Further, they are assessing participant's knowledge, attitudes, and behavioral intentions regarding abstinence-only-until-marriage.

Results from their evaluation show that the 4-H T.G.I.F. project is making a difference. Following participation in the abstinence-only educational interventions, the sixth graders have a significantly greater understanding of the social, psychological, and health gains of abstinence-only-until-marriage as well as of the harmful effects of not abstaining. More believe that abstinence is the expected standard for all school-age children, and they think that they can abstain. Realizing that abstinence is the only certain way to avoid pregnancy and sexually transmitted diseases, they think that sexual advances can be rejected. Believing that a monogamous relationship in the context of marriage is the expected standard, a greater percentage intends to be abstinent until marriage.

The 4-H TGIF program has shown effective results in favorably changing the attitudes toward sexual abstinence among sixth graders and their eleventh and twelfth-grade Teen Leaders. However, the evaluation results for the 11th and 12th grade Teen Leaders involved in 4-H TGIF continue to be the most promising. These teens were chosen on their merits and had high abstinence-oriented beliefs when they were chosen to be Teen Leaders. Yet, evaluators found these Teen Leaders experienced a more positive gain in their attitudes than did the sixth grade participants. Regarding the eight Legislative Priorities, the Teen Leaders showed meaningful change in attitudes. The Teen Leaders also showed a valuable improvement on other important factors such as decision-making, self-concept, long-term goal setting, educational aspirations and self-efficacy. As a result of the experience several Teen Leaders have indicated that they now plan to become teachers.

Goal 1: To lower the pregnancy rate for females aged 15-17

According to ADPH statistics; the number of pregnancies per 1,000 for females aged 15-17 in Alabama has dropped from 59.8 in 1998 to 43.4 in 2002. In the 39 counties that did not participate in the abstinence program, the pregnancy rate dropped from 56.6 to 43.

However, in the 28 counties that did participate in the abstinence program, a greater drop in pregnancy rate from 63.9 to 43.8 occurred. In the TGIF project counties, there was a drop from 58.7 in 1998 to 36.6 in 2002.

Goal 4: To lower the rate of births for females aged 15-17

In Alabama, the birth rates from 1998-2002 decreased from 40.8 per 1,000 to 29.7 per 1,000. As with Goal 1 (pregnancies among 15-17 year old females), the birth rate in the 28 project counties decreased from 42.9 in 1998 to 30.3 in 2002. In the non-project counties, the rate also decreased from 39.2 in 1998 to 29.1 in 2002. The reduction in birth rate was even greater in the TGIF counties for the females in the 15-19 year old age group than in the project counties. The change in rate was from 38.0 in 1998 to 24.2 in 2002.

Goal 5: To lower the rate of abortions for females aged 15-17

In Alabama, the abortion rate decreased from 9.7 per 1,000 in 1998 to 7.1 per 1,000 in 2002. As with Goals 1 (pregnancies among 15-17 year old females) and 4 (birth rate among 15-17 year old females), the abortion rate in the 28 project counties decreased from 11.2 in 1998 to 6.8 in 2002. In the non-project counties, the abortion rates also decreased in the period 1998-2002 from 8.6 to 7.3, but not quite as much as in the project counties. The overall reduction in abortion rates was even greater in the TGIF counties for the females in the 15-17 year old age group than in all project counties combined, though the rates varied throughout the years. The change in rate was from 11.9 in 1998 to 6.9 in 2002.

Goal 6: To lower the rate of births for unmarried females aged 15-17

In Alabama, the birth rate to unmarried females aged 15-17 decreased from 33.2 per 1,000 in 1998 to 24.9 per 1,000 in 2002. In the non-project counties, the birth rate also decreased from 30.6 in 1998 to 23.9 in 2002. As with Goals 1, 4, and 5, birth rate to unmarried females aged 15-17 in the 28 project counties decreased from 36.4 in 1998 to 25.9 in 2002, and this decrease was greater than in Alabama as a whole and in the non-project counties. The reduction in birth rates for unmarried females aged 15-17 was even greater in the TGIF counties than in the project counties. The change in rate was from 32.6 in 1998 to 20.8 in 2002.

Goal 7: To lower the rate of births for unmarried females aged 10-14

In Alabama, the birth rate to unmarried females aged 10-14 from 1998-2002 decreased from 1.61 per 1,000 in 1998 to 1.0 per 1,000 in 2002. In the non-project counties, the birth rate among 10-14 year old unmarried females also decreased from 1.6 in 1998 to .8 in 2002. As with Goals 1, 4, 5, and 6, birth rate to unmarried females aged 10-14 in the 28 project counties decreased from 1.6 in 1998 to 1.3 in 2002. The reduction in birth rates for unmarried females aged 10-14 was very similar in the TGIF counties as in the project counties. The change in rate was from 1.5 in 1998 to 1.1 in 2002.

In summary, performance measure data obtained from the ADPH indicated that Goals 1, 4, 5, 6, and 7 (pregnancy rates, birth rates, and abortion rates) were at least partially met as indicated by a greater decline in the 28 project counties (although only slightly greater in some cases) than in Alabama as a whole and in the 39 non-project counties. On these same goals, TGIF counties generally showed a greater or equal decrease in rates than the other project counties.

D. Fiscal and Human Resources:

Funding for this program was supported by a grant for \$106,752.00 from the Alabama Department of Public Health. A total of seven Agent Assistants were employed by the grant to implement the program in the seven counties. Six County Extension Agents generated an in-kind local match of \$ 80,064.00 and a state match of \$ 28,524 for a total program value of \$215,340.00.

E. Program Visibility, Exposure and Future Plans:

Throughout the eleven years 4-H T.G.I.F. has been in existence, there have been opportunities and resources to produce professional, high quality promotional pieces that are utilized year after year. Some of these include: an exhibit featuring Teen Leaders, a video using teen leaders, billboards in three counties, a results brochure and a promotional brochure.

Each County Extension Agent promotes their program utilizing these items in combination with other items produced individually. Agents typically report that 4-H T.G.I.F. was promoted through new articles, cut lines, and radio programs. Statewide, the Alabama Department of Public Health reported results in Alabama's Health, Volume 37, Number 4, December 2003 (www.adph.org/HEALTHPROMOTION/AHL203.PDF).

At the present, it appears that 4-H T.G.I. F. will receive level funding for an additional three years. In addition, an application was submitted to ADPH for \$26,733 for a SPRANS grant. If the program is funded 4-H T.G.I.F. will be expanded for three years using this additional money. Also, Extension will be contracting with the Hale County Board of Education to train teachers on three separate abstinence and relationship curriculums this summer. (Photos attached).

ETP 23D. Healthy Couples, Healthy Children (HCHC)

By FRANCESCA MARGOT ADLER

Description:

The over-arching purpose of the Healthy Couples, Healthy Children (HCHC) project is to reduce the risk of child abuse and neglect and promote child well being in the State of Alabama through building healthy co-parenting and couple relationships. Through funding provided by CTF, 26 community professionals from 9 counties were asked by the Extension agent in their county (Bibb, Crenshaw, Macon, Marion, Monroe, Montgomery, Perry, St. Clair, and Talledega) to be trained in the Prevention and Relationship Enhancement Program (PREP), a research-based curriculum.

The HCHC project included the establishment of community collaborative classes in each of the 9 counties. In each of the 9 counties targeted, couples education classes were not being offered. An Extension agent in each county coordinated the collaborative and invited one to

three community professionals to be part of the project. These community professionals were collectively trained in March 2004. Upon leaving the training, the Extension agents were charged with coordinating with the trained facilitators to offer and evaluate PREP classes. In return for the “sponsored” training the trained facilitators were to offer a PREP class at no cost to members of their respective communities, preferably before July 1st.

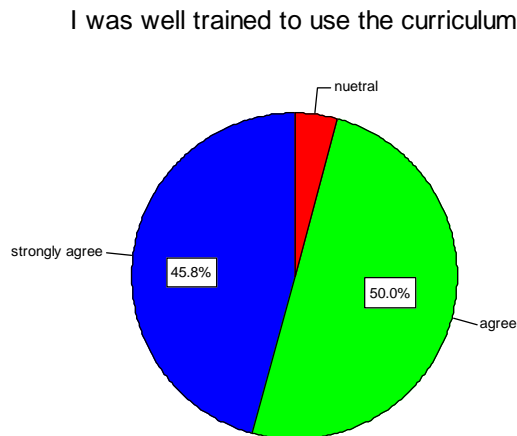
The Healthy Couples, Healthy Children program is the first of its kind in Alabama. Although, promoting stable, 2-parent families is a stated goal of American welfare policy, there had been no coordinated effort to implement couples education in our state before CTF’s sponsorship of the HCHC program in 2002.

Actions and Activities:

Our focus for the second project year (October 2003 to July 2004) was the training of additional facilitators and the start-up of program offerings in additional counties. In March 2004, we successfully completed the training of 26 additional facilitators in the PREP curriculum. These facilitators are all part of their community collaborative on Marriage Education/Enrichment in their respective counties: Bibb, Crenshaw, Macon, Marion, Monroe, Montgomery, Perry, St. Clair, and Talledega. These facilitators were invited to be part of the project by the Extension agent coordinator in their county. They include clergy, therapists, counselors, and educators.

The facilitator training was held at the Lodge and Conference Center at Grand National, Opelika AL. Dr. Dena Hulbert of PREP Inc led the training. Feedback from the three-day training was positive and the facilitators left prepared to offer a PREP class. 95.8% indicated they strongly agreed or agreed with the statement that they were well trained to use the curriculum (see figure 1).

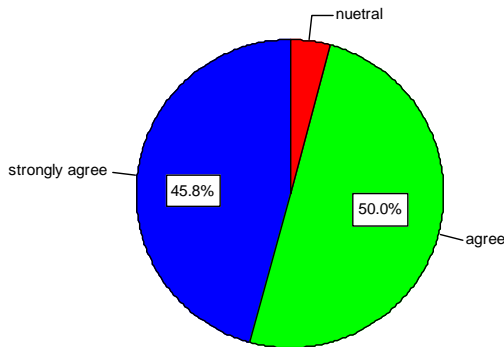
Figure 1.



The same percentage (95.8%) indicated that they strongly agreed or agreed with the statement that they understood the expectations associated with the Healthy Couples, Healthy Children Project. The expectation was that they were to return to their communities and offer a PREP class - alone or as a team – for at least 4 couples (see figure 2).

Figure 2

The expectation of my involvement in the HCHC project was clear



We enhanced our follow-up procedures with participants this year, encouraging them and assisting them in the logistics of launching a program offering. This extra effort proved successful. Although the training occurred in March due to scheduling with PREP, Inc. and the facilitators had only 3 months left in the grant year to offer the program, 20 of the 26 facilitators (76%) successfully offered a PREP class. Many of these facilitators worked together to offer the class. Three facilitators (12%) scheduled classes but due to participant cancellations the classes were not offered. The remaining 3 facilitators (12%) did not schedule or offer a PREP class. Eighteen of the 20 facilitators who offered classes returned pre-program and program-evaluation materials on 70 participants. To date, 11 of these seventy participants have responded to follow-up mailings to complete a post-program questionnaire. We also received another 20 pre- and post-program questionnaire from two facilitators who were trained in the pilot year but that offered their class in February 2004. As of the time of this writing, we have received data on 90 participants who took part in a PREP class during this current project year.

The average age was 43 years old although participants ranged from age 19 to 81. Fifty percent (50%) of participants were African-Americans and 38.9% were Caucasian (see Figure 3). Sixty-six (66%) percent of participants were in their first marriage while 16% were remarried. Figure 4 shows the percentages of participants in terms of relationship status. In terms of household income 44% reported an income less than \$39,000. Another 48% reported an income between \$40,000 and \$74,999.

Figures 3. Ethnic Background

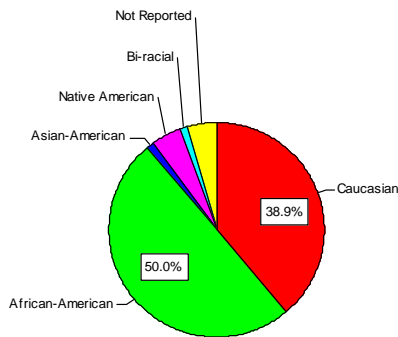
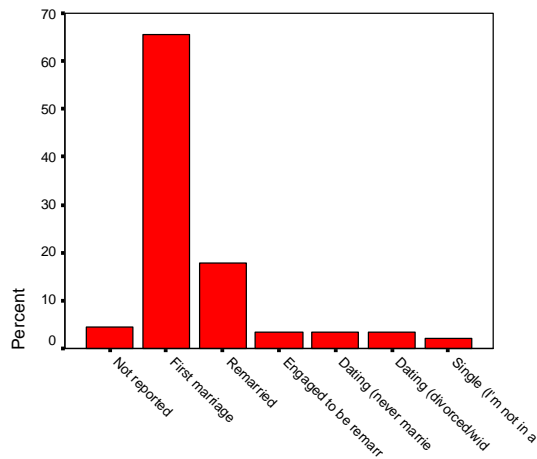


Figure 4. Couple Relationship Status



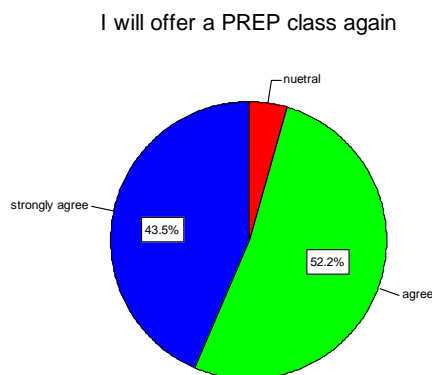
In terms of implementation and participation, we saw a significant improvement over the pilot year. Of the 51 trained facilitators in the pilot year, 8 facilitators (16%) returned evaluation questionnaires after implementing PREP classes in which 40 individuals participated. This year we trained approximately half that number of facilitators; however, we quadrupled the implementation rate (.76 versus .16) and more than doubled the number of people who sat through a PREP class (90 versus 40).

We believe these improvements in implementation and participation are due, in part, to a number of specific factors. First, timelines were put in place for facilitators to schedule and offer PREP classes. These deadlines appeared to help facilitators schedule ahead and follow-through. Second, we promised a \$75 stipend to each non-Extension facilitator who offered a class for at least four couples and who then returned the evaluation material. More than just a token incentive, the stipend also symbolized that we recognize the value of the facilitators' time and were appreciative of their dedication of time to the HCHC project. This stipend appeared to motivate facilitators to recruit, advertise and follow-through with their PREP class. Third, the graduate Extension assistant who directed the implementation and evaluation process worked closely with the county coordinators and facilitators. Via

email and phone calls, he would regularly keep in touch of them, remind them of upcoming deadlines, and provide technical assistance on implementing class.

To better understand the factors affecting program implementation (i.e. design, community, training, etc.) a 4-page survey was created. Facilitators who offered a PREP class completed the survey, which took approximately 10 minutes to complete. Questions on the survey covered satisfaction of being part of the Healthy Couples, Healthy Children project, quality and effectiveness of the training sessions, and barriers to implementation. Appendix A presents the open-ended responses provided by the facilitators in regards to their experience with the Healthy Couples Healthy Children Project and suggestions for the future. A number of findings should be noted. First, 97.7% said they strongly agreed or agreed with the statement that they would offer another PREP class (see figure 5). We believe this would have occurred within the current grant cycle had the facilitator training occurred earlier. However, with funding received in late fall 2003, PREP Inc. was not able to provide a PREP training until March (they typically schedule trainings 6 months to a year in advance). This provided facilitators with only a few months to market and offer PREP classes before the end of the grant period; however, as already indicated, we felt they did an admirable job with subsequent recruitment and implementation prior to the end of the grant cycle.

Figure 5



Experience has shown that it takes time for communities to get excited (and to take advantage) of marriage preparation/enrichment classes. Montgomery County is an example of this point. Last year facilitators in Montgomery County did not have much success. However, this year, in just one offering the team of facilitators taught 6 couples and 4 singles.

Overall, the facilitators were positive about the program and some even found it helped their own relationships as indicated by the comment, "The program is very vital, I have been married 32 years and I still learned from it". Other comments from the facilitators included, "The program is a good program. Most of the people I talked to had this to say. They would attend if it was only a half-day program. As for me, knowing people where I lived if we divided the program up into 2 days or evening. Most of the people would return for the second part. Maybe we can put it in a more of what I called a nutshell, where we can get the class ones to the in less time." We believe that all our facilitators, even those with less than

optimal turnouts, laid an important foundation and started the “ball” rolling in their respective counties.

By way of programmatic recommendations and lessons learned we offer the following suggestions. For projects like this where there is relatively little direct supervision of facilitators, additional training in implementation/recruiting/marketing is recommended. It may be important also to implement incentives for participation. Coordinating with a church that promotes a “marriage policy” of only marrying couples who complete premarital education should help ensure attendance, as would offering gift certificates for attendance.

Secondly, due to the volunteer nature of the recruited facilitators we believe that by offering a small stipend to facilitators for program offerings, motivation is increased to do the work necessary to successfully implement a class offering. Offering of these stipends should definitely continue for program success.

Previously we reported that six of the trained community facilitators have not yet offered a PREP class. Some of these have indicated that they still plan to offer a class and hope to do so later this summer. As occurred this year, we anticipate that as we continue to expand the Healthy Couples, Healthy Children project, trained facilitators from the previous project years will continue to offer the PREP classes and contribute evaluation data during the current project year.

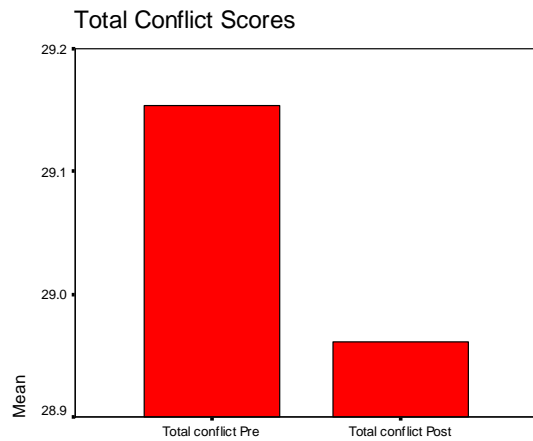
Results, Impact, Benefits:

To measure program effects, participants completed a 7-page pre-program questionnaire, which includes measures of commitment, conflict, communication, relationship satisfaction, expectations, standards, attachment, and trust. After completing the program, participants completed a 2-page “customer satisfaction” program evaluation. Approximately two weeks post-program a 5-page post-program questionnaire was mailed to the participants to measure changes over time in relationship quality dimensions. The post-program questionnaire includes the same measures as the pre-program questionnaire (minus demographic information) and has additional measures evaluating the program and facilitator.

Objectives of the program centered on reducing the risk factors that lead to separation/divorce and increasing or improving the factors that are associated with couple quality and stability. This, in turn, promotes family environments that promote optimal development of children and reduces the risk for abuse and neglect.

Primary risk factors identified in the research are: mismanaged conflict, negative communication patterns, and emotional and physical withdrawal (Gottman, 1998; Stanley, 2001). Pre- and post-program evaluation tools measured indicators that the outcome of reducing risk factors has been achieved. On average, levels of conflict decreased from prior to the program to two weeks after the program (see Figure 6). 8 of the 11 negative communication patterns decreased from pre- to post-program.

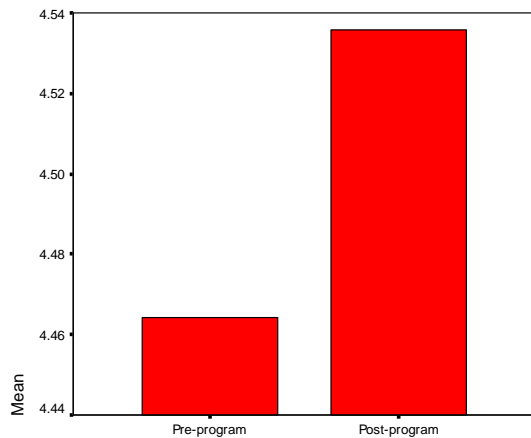
Figure 6.



Primary factors identified in the research on successful relationships are positive communication patterns, realistic expectations, attitude of commitment, and intimacy (emotional, physical, social). Pre- and post-program evaluation tools were utilized to measure the following indicators that the outcome of promoting factors associated with relationship quality and stability has been achieved: (1) general marital satisfaction, (2) commitment, (3) level of positivity in the relationship, and (4) level of intimacy in the relationship. Although general marital satisfaction did not improve from pre to post, it did not decline either. Four of the twelve indicators of intimacy and expressions of positivity rose slightly. It should be noted that all these indicators were already relatively high among participants at the program start.

A number of additional findings are noteworthy. The degree to which participants felt “their relationship with partner is more important than almost anything else in life” (this is an indicator of commitment) increased from pre- to post-program (see figure 8). Participants on average also indicated that trust for their partner increased. In response to the statement “I am certain that partner would not cheat on me, even if opportunity arose and there was no chance that he/she would get caught” participants were significantly more likely to agree two weeks after completing the program.

Figure 7. Importance of Relationship



The results suggest that the program also facilitated agreement on key relationship issues. In comparison to their responses given before taking the PREP class, participants indicated greater agreement on finances, religion, affection, friends, decision-making, and sex relations approximately two weeks after completing a PREP class.

See Appendix A for participants' open-ended comments.

Fiscal and Human Resources: This project is fully funded by the Alabama Children's Trust Fund.

Program Visibility, Exposure, and Future Plans

Overall, we are very pleased with the responsiveness to the training provided for facilitators in all 9 pilot sites and have learned valuable lessons that will impact future program training and implementation processes. Communities are increasingly responsive to these class offerings. Offerings of the classes were advertised in several local newspapers.

Results from program effects evaluation of participants for this second year are very exciting as they indicate that factors related to relationship quality and stability are positively impacted by program attendance and participation. The increases in consensus, trust, and positivity and the decrease in negative communication patterns are good news for the children who grow up in the context of these adult relationships. We have presented on these results at regional and national conferences. And because of our experiences with piloting relationships/marriage education programs, we are serving in a coordinating role for a state-level Alabama Healthy Marriage Initiative. Alabama's First Lady, Mrs. Patsy Riley attended our first steering committee meeting and pledged her support for this initiative.

New Directions for the Healthy Couples, Healthy Children Project: Targeting Youth

Starting with the new CTF grant period in July 2004, we expanded the Healthy Couples; Healthy Children project to include a curriculum targeting high school students. Dr. Jennifer Kerpelman, HDFS Associate Professor and Extension Specialist, is now collaborating with Dr. Adler-Baeder on the HCHC project. The purpose of the *Healthy Couples, Health Children: Targeting Youth* project is to promote future healthy relationships, and reduce the risk of maltreatment of youth as they transition into adulthood. Studies have shown that adolescent dating builds self-competence and self-worth, provides opportunities to practice conflict management and negotiate trust, and opportunities to learn how to protect one from abusive relationships, and how to form, maintain, and end relationships (Collins, 2003). Researchers involved in studying adolescent dating and its influences on adult relationships have suggested that education on relationships during adolescence is an effective method for reducing dating violence and promoting future healthy dating and marital relationships (Larson et al., 2003). There are, however, limited program impact studies that empirically validate these assumptions (Carroll, et al., 2003)

In our efforts to expand the HCHC project to target youth, we incorporate the delivery of relationships education at an earlier point of intervention. Building knowledge and skills among adolescents about healthy relationships is our best hope for prevention of future unhealthy relationships, marital instability, and risky home environments for children. These early prevention activities are emphasized in the federal marriage initiative; therefore our efforts to expand our offering of relationships education will contribute to our track record for implementing and evaluating relationships education programs as we prepare to apply for federal and other sources of funding.

Using a research-based and validated curriculum that is interactive and multi-media, this project will not only promote individual skills and knowledge to strengthen youth self-efficacy, self-control, and promote good decision-making, but also, will address skills and knowledge necessary for healthy dating relationships, and will launch youth toward adulthood with skills and knowledge to promote healthy couple and marital relationships. These components do not currently exist in school-based family life curricula for youth. In order to determine the extent to which our objectives are met, we will utilize a pre- and post-program questionnaire design and obtain measurements on changes in knowledge of (1) healthy relationship factors, (2) skills that promote healthy relationships, (3) markers of unhealthy relationships, and (4) factors and skills associated with healthy marriages. We expect positive change in all 4 areas.

In December 2004, we trained 5 Extension Agents and 25 Family and Consumer Science high school teachers in a modified version of the "Relationship Smarts" curriculum (Pearson, 2003). In partnership, Extension Agents, Human Development and Family Studies faculty and students at Auburn University and FCS teachers will provide the curriculum to students during January – April, 2005 and collect evaluation data. We currently have data on over 200 students. Evaluation results will be available in August 2005.

Appendix A

Participants' Responses for HCHC program (for adults).

- I think this presentation was very informative and well presented.
- Break the meeting down into more than 1day; don't like to answer all the questions need more time to think about answers than we were allowed.
- Material presented was very informative and helpful. The preparation and the facilitation were very good. It would be better if the sessions were not quite as long.
- This program offered tips for improving the marriage. It was very helpful to my spouse and me.
- This was a dynamic workshop. The facilitators were magnificent. Some of the material will be good for me in ordinary relationships. I am not presently in a couple relationships, but I have a wealth of information to share
- I can't think of any thing that would make it any better. It was just great.
- I do feel that more counted for single individual- (special examples geared toward them) would enhance the program even more.
- I think that the program is excellent and should be offered periodically during the year.
- Have more couples and use the spiritual edition. This is an excellent program.
- I think the video should be updated. I think this workshop was very helpful and should be used more with couples.
- The structure and setting of the workshop was conducive to a positive learning environment. I think the one-day structure is a good plan for working families.
- Have more classes.
- More classes.
- Have at least two session within a year.

SMP 25. Nutrition and Health for Underserved

By JANNIE CARTER

A. Description

Health and wellness are important to individual and family well being. But good health doesn't just happen. It comes with practicing learned habits of eating right, making healthy choices, and being physically active. In order to grow and develop properly, children and adults need to eat a variety of nutritious foods as outlined by the United States Department of Agriculture's dietary guidelines.

Recent national health statistics show one in five children in the U.S. as overweight and obesity linked cases of diabetes have increased significantly in the past few years. Alabama statistics indicate one in four older Alabamians live in poverty and some 40% of seniors admitted to Alabama hospitals are malnourished.

The Nutrition and Health for Under-served Audiences (SMP) includes planned days of work to address non-ETP specific program activities. The SMP targets senior citizens, limited resource families in inner city areas, and multicultural groups at risk for nutritional deficiency and high-risk diseases.

B. Actions and Activities Carried Out

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

An estimated 2,243 face-to-face contacts were made under this SMP. Over 447,000 non-face-to-face contacts were reported.

In Mobile County, Extension educators implemented their 2nd Annual Purple Tea at the Toulminville Public Library. This is an event designed as a celebration of survival, and to enhance the awareness of women on the importance of breast self-examinations (BSE). The Urban County Extension Agent reported, "The impact of such an event is to be able to talk about prevention and survival and to share your story with your new circle of friends." Thirty men and women including six breast cancer survivors attended the event. A follow up survey indicated that half of the respondents had shared the informational handouts, and retained most of the information presented. Ten of the participants indicated that they had already completed their annual mammogram; seven had appointments coming up, while fourteen were encouraged to do so. Five women were under forty and felt that cancer was a hereditary factor in their family and were encouraged to talk to their primary health care provider.

Escambia County Extension educators targeted 1,019 women between the ages of 40 and 64 identified as at risk for breast and cervical cancer. To increase awareness of these diseases a coalition of agencies and individuals was formed including the American Cancer Society, Bosom Buddies, the Escambia County Health Department, church groups and the Poarch Band of Creek Indians. An additional 110 Native American women were identified on the reservation at Poarch. Workshops, seminars and purple teas provided information

exchanges with the underserved audiences relating to breast and cervical cancer and survival rates. The coalition also stuffed over 1,000 bags with educational information and distributed them at locations frequently visited by the target population. As a result, 6.6% of the identified 1019 at risk women (68) participated in the screenings. The Creek Indian population participation included 48 women had mammograms, 29 had pap smears and 49 had clinical breast exams.

“Nutrition and Wellness” programs in Madison County served over 2,000 adults and 1,997 youth educating them on making healthy food choices and lifestyle changes. Seminar trainings and a quarterly newsletter have resulted in increased knowledge and skills in selecting foods. Based on follow-up assessments, 10% of the participants have shown increased knowledge and skills.

In Bullock County, Extension educators partnered with the Bullock County School System to implement a Thanksgiving Food Donation Drive. Four “hefty” and “healthy” boxes equivalent to several pounds of food sharing provided nutrition assist to needy families in the Bullock County area, as well as contributions to the Department of Human Resources’ Food Bank.

D. Fiscal and Human Resources

Eighteen County Extension Agents and specialists committed 270 days of work to this SMP at the time of initial sign-up. One hundred sixty four (164) days were reported at years end. Four (4) of the County Extension Agents signed up provided input to this report.

E. Program Visibility, Exposure and Future Plans:

Nutrition education for underserved audiences will continue as a focus for Extension’s 2004 program year. SMP 24 will remain as a programming option for non-project specific work in this area. Presently, the USDA Food and Nutrition Services Urban NEP program targets this audience and program assistants have been brought on board in eight (8) of the state’s 10 metropolitan centers to further expand educational outreach to this target audience through this program. The Urban NEP program is described more fully under ETP 25B.

Programs and services are needed to support outreach to more culturally diverse audiences in the area of nutrition and health. The Urban Affairs unit will continue to pursue funding and partnerships to identify funding resources to support continued service and expansion.

ETP 25A. Metropolitan Health, Nutrition and Wellness

By DONNIE L. COOK

A. Description

There is an increase need for Extension educators to promote good health, healthy eating and physical active for people of all ages and walks of life. During 2003 Extension programs

and activities addressed the healthcare needs of the underserved populations focusing on disease prevention and intervention. Programs were designed to teach nutrition education, healthy eating habits, food safety, and promote positive behavior for lifestyle changes. The goals and objectives of this ETP were accomplished through creative programs, workshops, seminars, demonstrations, hands-on activities, and distribution of appropriate printed materials to individuals, families, and communities. Participants learned how to become more proactive and involved in self-care. Further, in efforts to reach all the people, the underserved and hard to reach audiences, community partnerships with allied health professionals, health councils, and volunteer's organizations were established.

B. Actions and Activities Carried Out

The annual in-service training was conducted March 12, 2003 at Alabama A&M University. Twenty-seven agents, specialists, other staff attended. Outcomes .new strategies were discussed for reaching the underserved and limited resource populations.

Over the course of the year, 1,238,169 non face- to- face contacts were made through the news media: newspapers, newsletters, radio, and TV. County Extension agents and specialists conducted programs, workshops, seminars and health fairs to focus on nutrition, health, and wellness.

Urban face-to-face contacts were 14, 831 of these 22% were males and 78% females. Ethnicity of populations served follows: 45% white, 49% black, and 6% other races. Issues addressed were poor eating, physical inactivity, proper hand washing, food safety, chronic diseases such as asthma, cancer (breast and cervical), diabetes, obesity, and hypertension,

C. Special Funding

Multi-state Project -Funded: USDA -CRSEES

§ 2nd year of a \$50,000 three year Germ City Project involving: Alabama, Hawaii, Idaho Washington, and West Virginia

The Clean Hands Healthy People- Germ City is an interactive hand-washing program, which facilitates cognitive change in hand washing behaviors. Acceptance and utilization of this unique and fun-filled educational tool state- wide has been excellent.

Germ City Unit

Year 2: GERM CITY

The key message emphasized is that your hand is symbolic of a city filled with thousands of germs, which cannot be seen without a microscope. Hand washing is often over looked and poorly practiced. Scientifically proven, hand washing is the most effective way to prevent the spread of infectious disease. Presenters of the Germ City programs taught proper hand washing using Germ City, lessons focused on when and how to wash hands properly. Participants were given a pretend germ lotion to rub on hands, which illuminates under the black light. Participants were instructed to wash their hands and return, and go through the tunnel again, the areas where lotion remained indicated the effectiveness of the usual hand washing techniques. This procedure provides immediate hands on feedback. It is very

effective, colorful and fun. Using two Germ City units, more than 18,000 youth, children and adults participated statewide. Programs were presented in 18 counties (from January - December 2003), making a total of 32 counties and over 27,000 participants to experience Germ City in the state.

Multi- counties Funded: Alabama Department of Public Health - \$121,644 (January- December 2003)

Breast and Cervical Cancer Early Detection Project in six North Alabama counties: Colbert, Franklin, Lauderdale, Madison, Morgan and Marion.

Thousands of women are diagnosed with breast and cervical cancer each year. Early detection is the best defense- it promotes "better survival rates and allows for more treatment options". Outreach educators in these counties have partnered with radio, television and print media, Food Stamp offices, human resource and county health departments, the American Cancer Society, churches, department/grocery stores, area housing authorities, area city bank, area city jails, utilities departments, and other community agencies to recruit and educate women about breast and cervical cancer. The six outreach educators made a difference in their areas by educating 6,384 (face-to-face) about breast and cervical cancer and how to receive free screening. As a result 264 women qualified and received special services.

D. Results and Impact

Programs, exhibits and displays focused on healthy eating, early detection, diabetes, high blood pressure, food safety, and cancer awareness. Educational materials were distributed: brochures, pamphlets, calendars, Hope beads, etc. The educational activities increased awareness and motivated some to become proactive and take responsibility for controlling their health. Many participants indicated they shared the information with other family members and friends. Thousands of youth and adults learn how to wash hands properly and that good hand washing can prevent the spread of diseases. To measure the impact and determine behavior changes as a result of experiencing Germ City, a survey was given to the classroom teachers who were asked to complete them from their observation in two to four weeks following the presentation. Eighty five percent (87%) of the surveys reviewed indicated that positive changes were noted:

- Attitudes improved regarding hand washing
- Students asked to wash hands more often
- Students got upset when someone coughed without covering their mouth
- Increased usage of soap and paper towels noted

Through the breast and cervical cancer early detection project 264 women in North Alabama received services that may help save their lives.

E. Fiscal and Human Resources

Agents, specialists and many volunteers worked diligently to educate the people in the areas of nutrition and health. Twelve ACES employees worked 485 days for reaching out to

those in need. In addition, numerous volunteers, health agencies and organizations supported and co-sponsored programmatic activities.

F. Future Plans

- Continue Germ City presentations state wide
- Continue breast and cervical cancer early detection project
- Comprehensive community outreach education: obesity and diabetes all ages

ETP 25a. Metropolitan Health, Nutrition and Wellness – Success Story: *Arthritis Self Help Course Proves Beneficial to Participants*

By MARY P. MALONE

“Arthritis, the very word evokes a specter of fear and pain. People think of getting old, being unable to get around and of becoming more dependent upon others. The term arthritis carries with it a sense of hopelessness and futility. But, the very opposite should be true. All arthritis can be helped.” So begins the first paragraph of *The Arthritis Help* book. This text is used for reference and accompanies instruction provided in the six-week Arthritis Self Help Course offered by Urban Regional Extension Agent Mary Malone.

Approximately 1,355,000 Alabamians or 40.5% of Alabama’s adult population report that they have arthritis. Sixty percent of those affected are women.

“Arthritis” comes from Greek and means joint inflammation. The definition has been expanded to comprise more than 100 diseases that affect joints, muscles and connective tissue.

Sixteen adults suffering from arthritis enrolled in the course. All sixteen completed the course and took pre- and post-tests. The data was analyzed by the Alabama Department of Public Health.

Improvements in exercise among the 16 participants were found to be statistically significant. Improvement in physical activity is an important finding. Research shows that becoming more physically active can help persons with arthritis. For many years, everyone thought that people with arthritis should rest to spare their joints. In fact, the opposite is true. Recent studies show that moderate physical activity helps people with arthritis feel better in several ways.

Regular moderate physical activity helps you:

- Feel less pain
- Move more easily and do more activities
- Feel more energetic and positive
- Keep muscles, bones and joints healthy

The ASHC Class showed a significant improvement in their physical activity which has been proven to help persons with arthritis feel better, relieve arthritic pain and stiffness, and give them more energy. It can also lift their mood and make them feel more positive.

ETP 25B. Urban Nutrition Education Program

By *DONNIE L. COOK*

A. Description

The Nutrition Education Initiative Impacting Underserved Populations was established in furtherance of the Alabama Cooperative Extension System's commitment to nutrition and health for citizens residing in metropolitan communities. This Initiative serves as the framework to deliver the Urban Nutrition Education Program (UNEP) to individuals and families in nine of the state's ten urban areas. The UNEP program provided an avenue to expand educational services to help address the nutritional needs of seniors and limited resource families of public housing. Within each Urban Center a part-time agent assistants, supervised by an Urban Agent, provided educational services to clients with 7 of the 9 Urban Centers located through-out the state.

B. Actions and Activities Carried Out

- * Hired a full-time nutrition education coordinator, oriented to the job and the state.
- * Structured the UNEP program educational instrument for the collection and evaluation of data into computer-based system.
- * Implemented Phase II of the Urban Nutrition Program.
- * Conducted general nutrition in-service training for seven agent assistants.
- * Site visitation to each center.

C. Special Funding

USDA Food Stamp Program - Funded \$212,216 (October 2002-September 30, 2003)

D. Outcome Evaluations and Assessment of Impact

UNEP expanded to four additional centers in an effort to further, it's overall purpose to empower families and individual in the metropolitan areas to make wise food choices, to select and prepare safe foods, and to consume a nutrient dense diet of healthy foods. Agent assistants provided programs, exhibits, displays, and food demonstrations focused on nutrition education, healthy eating, food safety, food security, food preparation, how to stretch the food dollar and health and general well-being.

The process of evaluating the Urban NEP program involves a three-tier approach that is designed to measure changes in participants' knowledge, behavior, and attitude. The tiers include: participant's pre-assessment inventory, participant's post-assessment inventory, and the participant's delayed post-assessment inventory. The instruments were developed

based on the objectives and content described in the WEALTH module. Content and face validity was determined using a three-stage formative evaluation process: subject-matter expert, one-to-one, and small group (8-30 people). Revisions were made following each stage of the process.

The participant's pre-assessment inventory is used to determine participants' prior knowledge, skills and behaviors upon enrollment in the UNEP program. The participants' post-assessment is designed to measure participant's acquisition of concepts and application of skills immediately following completion of the program. Lastly, the participants' delayed post-assessment measures delayed retention and transfer of knowledge and skills 3-4 months subsequent to the completion of the program.

State Summary for Urban Nutrition Education

2003 Nutrition Education Activities in the CORE areas:

Dietary Quality

Number of participants who...

3688 (30.60%)_moved closer to Food Guide Pyramid serving recommendations

7038 (58.40%)_moved closer to Dietary Guidelines recommendations

5302 (44.00 %)_increased their fruit and vegetable consumption

2458 (20.40%)_increased their level of physical activity

____ other (Specify: _____)

Food Resource Management and Shopping Behavior

Number of participants who...

3856 (32.00%)_use a spending plan more often

3465 (28.75%)_utilize a menu plan more often

4880 (40.50%)_shop from a list more often

5453 (45.25%)_comparison shop more often

____ Other (Specify: _____)

Food Safety

Number of participants who...

6598 (54.75%)_more often wash hands before meal preparation/eating

6056 (50.25%)_less often let food sit out more than 2 hours

5302 (44.00%)_more often keep raw meat separate from other foods

4941 (41.00%)_more often cook meat and eggs thoroughly

____ Other (Specify: _____)

Food Security

Number of participants who...

3374 (28.00%)_decreased use of emergency food assistance (e.g. food pantry, soup kitchen)

2531 (21.00%)_increased use of non-emergency food assistance

programs (e.g. Food Stamp Program, WIC, Child Nutrition Programs)
2531 (21.00%)_applied for the Food Stamp Program specifically
____Other (Specify:_____)

Number of participants who (after education) reported having enough to eat:

4740 (39.33%)_always 4056 (33.66%)_most of the time 1205 (10.00%)_sometimes 1205
(10.00%)_never

Partnerships

_58_number of new collaborating partnerships
_19_number of collaborations with existing partners
____other (Specify:_____)

Data

Provide counts of the number of contacts made with food stamp nutrition education in Fiscal Year 2003 through direct contacts, through indirect contacts, and total. You may report this data using either counts of contacts to households or of persons. Counts of persons are preferable.

1. Direct Contacts 2. Indirect Contacts 3. Total (1+2)

_5,575_Persons or _6,476_Persons or _12,051_Persons or
_____Households _____Households _____Households

E. Fiscal and Human Resources

Agents, agent assistants, specialists and many volunteers worked diligently to educate the people in the areas of nutrition and health. Twelve ACES employees worked 359 days for reaching out to those in need. In addition, numerous volunteers, health agencies and organizations supported and co-sponsored programmatic activities.

F. Future Plans

- Implement Phase III of Urban Nutrition Education Program.
- Increase the number of clients served
- Promote the development after school nutrition programs in each of the nine Urban Centers

ETP 25B. Urban Nutrition Education Program – Success Story: *UNEP Fills Void in Metro Montgomery Area*
By SHANNON ANDRESS

The trend, which demographers have been predicting, -- the "graying of America"-- is being evidenced in the Metro Montgomery Area (Montgomery, Elmore, Autauga counties). Over 30% of the population is 65-plus years of age, and represents a diversity of races, socio-economic status, and health/fitness levels. The ACES Urban unit identified a need to reach out to underserved and under-represented audiences, to include seniors. To address this special audience, a comprehensive health and diet curriculum called WEALTH was developed by Dr. Donnie Cook and Geraldine Harrison-Foote, from Alabama A&M University. Winona Clark-Colvard, UNEP Agent Assistant and Shannon Andress, Urban Agent, worked together to gain an entree into previously, unserved audiences in limited-resource churches, senior centers, and Boys' Club, community centers. In the short time that Ms. Clark-Colvard served (November 2003-July 2004) working 20 hours a week, she reached over 150 clients in the target audience. In doing so, these clients' pre-and post-tests showed an increase in behavior such as reading food labels, improved food safety practices, increased awareness of fat, sodium and sugar consumption.

Shannon Andress also made two presentations on the local NBC affiliate (WSFA-12's "Today in Alabama" morning show) to demonstrate healthy recipes, publicize the UNEP program, and discuss healthy lifestyle changes with regard to diet and exercise.

Thanks to the initiative and vision of the Urban New and Non-Traditional Programming unit, the Alabama Cooperative Extension System gained: new audiences in the Metro Montgomery Area who had not previously had contact with the ACES, greater awareness community-wide about ACES and New & Non-Traditional Programming, and citizens at the grassroots level who benefited in a very tangible way from research-based information generated at the Land-Grant University level.

ETP 25B. Urban Nutrition Education Program – Success Story: *Administrative preparation for hiring a part-time UNEP employee*
By JEANNE ELIZABETH PHILLIPS

The months October and November of 2004 were spent working with the Mobile County CEC in the administrative requirements of hiring a part-time UNEP employee. No UNEP external programming was initiated in 2004. The employee was hired, trained, and accommodated with office space and program supply distribution during the months of October and November.

ETP34A. EFNEP

By JAMES E. RYAN

The distributed ERS annual report represents the data electronically transmitted to Ms. Sylvia Montgomery - CSREES, on November 1, 2004. This data was reviewed during the EFNEP regional extension specialist and agent meeting in Clanton, Alabama on October 29, 2004. The report covers the 12-month period from October 1, 2003 to September 30, 2004, and constitutes the 2003-2004 EFNEP Annual Report for Alabama. The report includes ERS data from 31 county units, with the following program areas represented:

EFNEP Area County FTEs Clients % of Clients

Adult 38.3 5,178 72

Youth 9.6 2,060 28

Totals 47.9 7,238

Sixty-five paraprofessionals along with 709 volunteers over the 31 participating counties reached 22,867 individuals in 7,238 families (56% received food stamps and 71% received WIC) with nutrition education programming. 79% of the adult participants graduated during the reporting period with 92.5% showing positive change in their diet. 75% of the youth participants now eat a variety of foods with a 14% improvement in the knowledge of essential human nutrition, a 15% improvement in their ability to select low-cost, nutritious foods, and an 8% improvement in food preparation and safety.

The ERS report for Alabama EFNEP is on the ACES Intranet in pdf format in total, by county, and by program area via the URL:

<https://ssl.acesag.auburn.edu/internal//acnep/efnep> .

Please contact Jim Ryan (4-2209, ryanjam@auburn.edu) for questions.

ETP34A. EFNEP: Success Story – Return to Today's MOM

By NANCY G. DICKERSON

Fourteen years ago one of my first clients was a young woman pregnant with her first child. Little did I think this child would be in a Today's MOM class so soon. The first thing the mom did was to bring her child to my class. I feel the impact of our information compelled the mother to bring her daughter for instruction on healthy eating habits for healthy children. The results of our program may not always be readily available but believe me the impact is there.

ETP34A. EFNEP: Success Story

By VERA K. NORTON

Working and helping pregnant women and teens in my area have made a positive impact on their lives.

One of the most successful stories I have to tell is: Last summer I was recruiting at a doctor's office, and met this young pregnant woman and a friend. I noticed she was having problems answering questions and getting up from her seat. The young lady had Cerebral Palsy, which made it difficult for her to lead a productive life. I talked to her about Today's Mom Classes. I stressed to her that the lessons would be a help to her. She agreed to come to the next group meeting. The next week she arrived early and was eager to get started. She was not ashamed of her disabilities. The participant learned how important it is in sanitizing baby bottles by using hot soapy water, and how to feed and bathe a baby by using a doll as an example. She also learned the importance of eating healthy for the first time during her pregnancy. After graduation, contacts were made. By my next visit, I was happy to see the baby had been born. The baby boy weighed 7lbs. 7ozs. Mother and baby are doing great!

ETP34A. EFNEP: Success Story – *Extended Day Program*

By GERALDINE MITCHELL

My name is Geraldine Mitchell, from Macon County. Last October I was asked to provide nutrition training to The Macon County Head Start site. Extended Day is where Head Start center allow (Head Start) children of working parent who couldn't pick their children up until 6:00 p.m., in the evening after school. They were celebrating 100th year of the Ice cream cone, so they asked if I would provide the nutrition information. There were a total of four schools. I visited the schools after 4:00 p.m. Since the subject was about Ice cream, the lesson I taught was on Calcium. I stressed on what, food group provide calcium, how many serving needed from the milk group, where milk comes from? It was so amazing how well the children listen and responded to the lesson and the question. You would have actually thought they had been in a nutrition class before. The staff and teacher serve Ice cream, the children color Ice cream poster that was also judged. After finishing up at all four sites, I thought that was the ending, but learn later, that I was presented with this notebook which was an excellence power point, from (The Macon Head Start) of all components of the Head start center, that included pictures, certificates, history of the ice cream cone, every signature of over 70 children from each school. That was one of the best recognition I had ever received thus far and made all the afternoons I spent conducting these classes worthwhile, I really felt appreciated.

ETP34A. EFNEP: Success Story – *Macon County Health Department*

By ELOISE TEMPLE

I've been working with the Today's Mom Program now for ten years and I've encountered many endeavors in the line of teen/adult pregnancies. I'm reminded of this particular morning at the Macon County Health Department (MCHD), when one of my prenatal participants refused to cooperate unless I was present that day. When the staff asked her why, she indicated that she enjoyed talking to me and tasting the recipes. When I first signed her into the class, her eating habits were horrible. As we went through the lessons, I

pointed out to her the importance of eating healthy to have a healthy baby. When taking her second food recall, she was too excited to tell me all of the food she had eaten as well as trying out some of the recipes. Today's Mom have wonderful recipes and like the prenatal participants, the MCHD staff has become recipe fans as well. The sausage cheddar quiche was one they prepared on site for everyone's' lunch. Numerous recipes have been prepared and served during various club meetings and activities.

The staff also bought the ingredients for the chili recipe I prepared to go along with my booth at their health fair.

Their motto is: " If it's good for the baby, it's good for us". Here's to healthy eating.

ETP34A. EFNEP: Success Story

By ETHEL DENISE WILLIAMS

This success story relates to a mother and her young teenage daughter and the confessions of some members of my clientele. The mother, I'll call Beth, and her daughter I'll call Julia. Beth had talked with some friends and neighbors concerning the eating habits of Julia because she had given birth recently. With such poor eating habits, she was not able to adequate supply breast milk for her baby, neither was she financially able to buy milk and other supplies for the baby. Beth 's neighbors readily referred her to me because I had helped her in a similar situation. In talking with Beth and Julia, I introduced the Food Guide Pyramid. Following a lengthy discussion, they say how easy and meaningful it would be to eat from the Pyramid Guide. As a result, Julia will be able to get all the nutritional needs and be able to supply enough breast milk for her young baby. In planning and sharing with them recipes using the foods they had on hand, it was delightful to see the glow in their eyes and the willingness to try the recipes. Being on a very limited budget in a single parent home, they could not believe that life could be sweeter. During the other visits in the community, some of the clients voiced how they had improved their eating habits by using the Food Guide Pyramid (cutting back on salt intake, using cheaper food items that they were able to purchase in quantities, etc). I appreciated their interest and honesty in following suggestions given on earlier visits and especially with Beth and Julia.

ETP34A. EFNEP: Success Story – Rehabilitation Center

By EMMA H. WILLIS

Some Participants have disabilities in Macon County Rehabilitation Center in Tuskegee, Alabama. Their caretakers feel they are unable to cook. In cases such as these, I will teach them basic cooking skills. First I start with stove safety, by teaching them how to adjust the burners to low, medium or high. I then teach them how to use kitchen utensils, pots, and pans and also how to measure liquid, and dry ingredient. We also study the " Food Guide Pyramid", which include the grain, fruits and vegetables group. Further discussion includes the meat, poultry, fish, eggs, dry beans, peas, nut, and seed group. They are advised that milk, fats, sweets, and alcoholic beverages are to be taken in moderation. In addition, they were taught that a variety of foods from these groups make a healthy meal. Using the above

mention guidelines, meals are planned for a day. They are then taught how to get more food for the money by using store fliers and coupons, and by making healthy food choices at the store. Finally they are ready to cook.

ETP34A. EFNEP: Success Story – Teen Mom-To-Be

By FRANCES M. WHISNANT

Shortly after the beginning of the second semester, I was contacted by the counselor at a local middle school. I was told about a 14-year old girl in the 6th grade that was pregnant. I scheduled a meeting day and time to begin classes with her. I went for the first lesson and met a shy, quiet young girl. I explained the program to her and filled out the necessary forms. I then began to take her 24-hour food recall of all the foods she had eaten. I found she had not had breakfast or any snack that day. The rest of her day had not been much better! I immediately noticed no milk or fruits in her diet. I continued going weekly to conduct lessons with her and she began to talk more and seemed glad that I came. After completing the series, I again took a 24-hour food recall. I was happy to see that she had improved her diet in all areas! She told me she was now drinking milk and juices and had added water in her diet. I believe the Today's Mom Classes were very helpful to this young girl. I plan to keep in touch with her as she continues to wait the arrival of her baby.

ETP34A. EFNEP: Success Story – A Lesson Well Learned Part II

By LEWISJD

The EFNEP Today's Mom program is a wonderful advocate for healthy moms to have healthy babies. Kowana, a graduate of my Today's Mom program, gave me the opportunity to make a difference in her life in a special way. When I met Kowana, she came into class with two kids carrying an empty potato chip bag while asking for the brownies in her purse. During the class discussion about water, snacks and salt, she mentioned that she did not drink water, loved brownies and kept beer and salt in her purse (which she showed with great pride). At the end of class, I suggested to Kowana that she should work on giving fruits and vegetables to her kids, and to improve her diet, increase her water intake and reduce the salt in her diet. I did not hear from Kowana for some time. Upon graduation I asked her where she had been and she replied that she had been in the hospital with toxemia. With the completion of the Today's mom class she apologized for not following my instructions earlier but said with pride that she no longer use salt, and that she eats better and drinks plenty of water.

ETP34A. EFNEP: Success Story – Loosing Weight

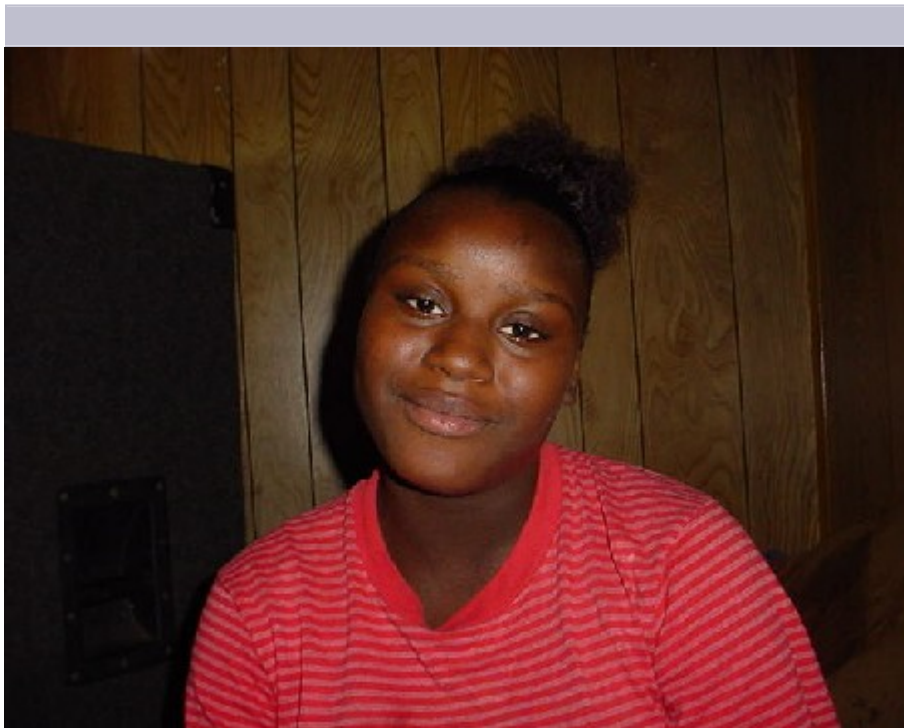
By EMMA H. WILLIS

One of my groups wanted me to show them how the Food Guide Pyramid aid them in loosing weight. After I taught them the food groups, the serving portion from each group, how to plan menus, meals, read labels and under-

stand serving sizes on products that they buy. The portions and serving sizes that should be eaten for a meal. They were amazed at the small amount of food that should be eaten in a single serving.

ETP34A. EFNEP: Success Story – Lending A Helping Hand
By LEWISJD

While at the WIC office for Today's Mom, I overheard a clerk tell fifteen year old Tina Sloan, that she did not have the materials needed for her initial appointment and could not receive WIC assistance as a result. Saddened by the news I offered to help her get the various materials she needed at the Health Department. As we were walking she told me that she was in her last trimester, had never received or taken any prenatal vitamins and had not seen a doctor since she found out that she was pregnant. Saddened by this information I suggested that we go to the Women's Pavillion and get an appointment so that we could make sure everything was okay with her baby. Next I told her about the Today's Mom program and how the classes could help her. As a result I was able to provide her with great information via the Today's Mom program, a graduation certificate and some excellent baby clothes donated by agent assistant Regina Moorer.



TODAY'S MOM TINA SLOAN



AGENT ASSIST. REGINA MOORER

ETP34A. EFNEP: Success Story – Extension: The Gift That Keeps On Giving
By LEWISJD

Cyrstal Ash, a Today's Mom client, is a special and dear young lady. During our second lesson she informed me that since she was having a boy this time, it would be hard for her to buy new clothes for him. Instantly, I began my search for an agency that specialized in donating infant and maternity clothing. She was so excited when the clothes arrived. Moreover, she was surprised to see the infant shoes and stroller too! My quest for clothing was assisted by Montgomery County Extension Agent, Yvonne Thomas who donated maternity and children's clothing for her two daughters. Sheron Mitchell, a Montgomery County Administrative Secretary, donated shirts so that Crystal would be comfortable in the summer heat.



AGENT ASSIST. JOHNDRA LEWIS



TODAY'S MOM CRYSTAL ASH



YVONNE THOMAS & SHERON MITCHELL

ETP34A. EFNEP: Success Story – MISS UNDERSTOOD

By LINDA J MADDOX

Kirby McMeans, was a student at Tuskegee University. Ms. McMeans was afraid to tell anyone about her pregnancy out of fear that she had let her family down. When I talked to her she was 7 months along. By looking at her, one could tell that she was too small. I told her about the importance of the food groups such as fruits, vegetables and milk and cheese. Kirby looked at me and said that she thought when a person gets pregnant that they eat whatever they want, which is what she had been doing. Now that she understands that it is very important to eat a balanced meal every day, especially when you are eating for two, she is using the food guide pyramid as her daily guide for nutrition.

ETP34A. EFNEP: Success Story

By BERNICE L. POINDEXTER

The Today's Mom program has done wonders in Monroe County. However, it is my ambition to reach as many participants as possible. There were many people enrolling into the program, but not everyone completed it. Therefore, it came to mind that I needed some type of incentive to encourage my clientele to graduate from the program. Car seats would be a great incentive, since the parent needs to have one before they are permitted to leave the hospital with the infant. I explored numerous avenues for funding to support this idea. I finally got a response from the United Way of Monroe County and Alabama Tombigbee Regional Commission.

For the fiscal year of 2003 and 2004, the United Way contributed \$1,875.00 and \$1200.00 respectively. Alabama Tombigbee Regional Commission has contributed approximately 50 infant seats also. This is roughly a monetary value of \$3,000.00 total for the two years. These two organizations have contributed a combination of approximately \$6075.00 to the Today's Mom program. Thanks to the United Way and Alabama Tombigbee Regional Commission over 150 needy parents will receive a car seat, which they other wise might not have, to protect their infant during an accident. Each client is also receiving nutritional information so they in turn can produce a healthy baby! Last summer, I attended the Standardized Child Passenger Safety Training Program. It was an intense four-day training! However, I did obtain the certification for installing car seats. I also received valuable information concerning the safety of the seats that I now pass along to my clientele!

ETP34A. EFNEP: Success Story – *TODAYS MOM CLASSES TEACH YOUNG MOM'S & DADS About Nutritiion: Families GET Involved TOO*

By SHERRY A. WELSH

Today's MOM is a series of classes, part of the Auburn University, and Alabama Cooperative Extension System's EFNEP program (Expanded Food and Nutrition Education Program) which teaches nutrition education and homemaking skills to limited resource families who are pregnant or have young children.

Ms. Sherry Welsh, is an agent assistant with the Fayette County Extension System and works with Dr. Will Lenahan's OB/GYN Clinic to present as much information to as many pregnant adults and teens as she can.

Family members such as MOM's and Dads of the teens or husbands or mothers of the adults often attend the classes to learn as much as they can to help in each of their situations.

Here are several of the participants and their partners or parents.

Each family has commented that they have learned a lot in the classes, that will help them with their new additions and changing lifestyles

Anyone interested in attending any of the programs offered can contact the Fayette County Extension System Office at 205-932-8941, between 8:00 AM until 4:30 P.M. MON. thru Fri.



Here MOM and Daughter proudly present their new member of the family. Mom attended the classes with her daughter.



Dad gets involved with the tending to the new baby. Mom says he is a big help to her.



Mom and Dad are really proud of their new arrival. Dad says he has a new outlook on birth and taking care of the baby after the classes.

ETP34A. EFNEP: Success Story – WIC PARTICIPANTS LEARN ABOUT NUTRITION AT FARMERS MARKET

By SHERRY A. WELSH

Young pregnant adults and teens that receive the WIC vouchers (Women, Infants, Children) are also eligible to receive vouchers for fresh produce from the Farmers Market.

The Fayette County Farmers Market is open on Tuesday, Thursday, and Saturday from 7:00 AM until about 12:00 PM for residents to purchase fresh produce.

Sherry Welsh, agent assistant for Fayette County does demonstrations and presents data and recipes to the WIC eligible participants who come by the market to purchase produce.

Ms Welsh emphasizes nutrition by telling them to eat "five a day" from the fruits and vegetables groups. You should have at least the minimum of three servings of vegetables and two of fruits each day. MS. Welsh also conducts other programs with the EFNEP Program (Expanded Food and Nutrition Education Program) such as Today's Mom, dealing with pregnant adults and teens and breastfeeding.

You may contact MS. Welsh about other programs and participating in them at 205-932-8941, between the hours of 8:00AM until 4:30 PM, Monday thru Friday.



Sherry Welsh, Agent Assistant, Fayette County, teaches nutrition to WIC Participants at The Farmers Market.



Farmers Market clientele enjoy some of the recipes prepared at the Farmers Market in Fayette County.

ETP34A. EFNEP: Success Story – Breastfeeding

By ELIZABETH L. SNIPES-HUNTER

Breastfeeding is one of the most important things you can do to give your child the very best start in life. Breast milk provides the optimum nutrition for your baby. Despite their efforts many companies cannot duplicate the amazing benefits of breast milk. I receive so many questions and moms expressing their fears of Breastfeeding, I decided to start on Wednesday after my Today's Mom class to start breastfeeding classes. Along with Pamela Stewart and partnership with the Montgomery County Healthy Department who has provided a special room for all mom's to have a place to be comfortable and to have privacy. After about 8 weeks of classes I have seen 16 moms. Some of their comments were:

“I was fortunate enough to be able to nurse my baby for the first 8 weeks. I am now back at work, I miss that bond we shared,” stated Carol. Ayanna-“It was so painful to breastfeed at first but with the help of my Breastfeeding classes I used the pump, with it I was able to control the pain by controlling the speed and power of suction. Now I feel that a number of my mom will be Breastfeeding due to the support of my Breastfeeding classes. And just knowing that if they have any questions I will be there to help in any way.



Today's Mom participant learns the importance of breastfeeding

ETP34A. EFNEP: Success Story – *Healthy Low-Cost Meals for Work*
By PJOHNSON

J.O.B.S. participants were always going out for fast food lunches. After having some nutrition lessons, they began to take their lunches more seriously. They decided to save money by bringing food from home for lunches. Occasionally they would bring enough to share. They sometimes used a recipe I had demonstrated. The teacher became involved and brought vegetable soup for their meal. They not only saved money, some increased their vegetable intake.

The EFNEP classes inspired the J.O.B.S. participants to begin the project. They can take this idea into the job market and maybe encourage their fellow workers to join in.

ETP34A. EFNEP: Success Story – *COLBERT COUNTY SUCCESS STORY*
By JEWEL YVONNE CAMPBELL

A counselor in a Youth success program referred Marleana to the Today's Mom Program. She had enrolled through our local community college. This was Marleana's first baby. She enrolled with the determination to learn all she could about eating right to have a healthy baby. She was also having problems at home and decided to move out. She did not know where she would live, and could not find housing at the time. She became friends with Margaret, another participant in the program, and was able to move in with her family. Since this was the first baby for both, these two young ladies were a source of support for each other. They attended classes together, were very attentive to the nutritional information provided by the Today's Mom program, their eating habits changed, and they enjoyed the recipes that were included in each lesson. These two young ladies delivered

healthy babies. Marleana delivered a healthy 8lb 9oz boy, and Margaret delivered a healthy 10lb 2oz boy.

Not only did the Today's Mom program provide valuable nutrition information during pregnancy, but the program also developed a lasting friendship, which they still have. The Today's Mom program in Colbert County continues to reinforce the importance of good nutrition during pregnancy. The interaction with other agencies in the area provides a link that makes this program successful in making a difference in the lives of Moms-to-be.

ETP34A. EFNEP: Success Story – Food Safety

By DELORES C. JUDGE

In May 2004, I worked with clients that visited the Tuscaloosa County Health Department who received WIC vouchers and attended the Eating Right is Basic class.

We discussed the importance of keeping foods safe, preparing food, and maintaining food temperatures. After enrolling clients in the ERIB class, I reviewed their behavior checklist and it was easy to see that improvement was needed in the area of food safety by the answers marked on the checklist.

Each time we met, we discussed the previous lessons. At our last meeting we took the second behavior checklist and I was impressed to hear of the changes that were being made by these clients. It was also evident by their answers on the behavior checklist.

ERIB does improve attitude, skills, and knowledge through the Expanded Food Nutrition Education Program.

ETP34A. EFNEP: Success Story – NEP and EFNEP

By ETHEL DENISE WILLIAMS

The NEP (Nutrition Education Program) in which approximately 120 third and fourth grade students were taught was a real joy. These students were eager to learn and practiced what was taught. It is amazing how children learn from you in all aspects. Seemingly you are their mentor.

In working with the NEP students in the various schools were taught hand washing, how the heart works, food safety, good nutrition, etc.

When the students went on field trips the teachers would tell them - "Remember what Ms. Williams said about washing your hands and eating your vegetables." That would encourage them to exercise the lessons that were taught earlier.

I received many notes, cards and gifts of appreciation from students and parents for taking time with them.

This was a great learning experience for my students and I.

EFNEP - (Expanded Food and Nutrition Education Program)

This story pertains to a single mother with three daughters. This young mother was devoted to improving the nutritional needs for her family with a very low-income. She was determined to have a hot meal for her children when they returned home after school.

She was taught the safe way to thaw food, especially meat, which is very important in food safety. Also we emphasized the importance of making a shopping list and sticking to the list; budget her food dollars; do not shop everyday/week, and do not shop when hungry.

It was heart warming to see how this young mother grew and developed into a smart homemaker. I will give her an A+ for her interest and cooperation. She reported that her children took on a different attitude about the food they were served.

ETP34A. EFNEP: Success Story – *Healthier Eater*

By EMMA H. WILLIS

This homemaker lives in a trailer. It was hard for her to get to town to buy grocery. So she didn't eat healthy. She also ate a variety of fatty snacks such as doughnuts, candy bars, and cakes that she would buy from the little country store. Through the series of lessons, I showed her how economic and quick some of the recipes were and how less time it took to prepare them too.

While teaching the different lessons, I let her prepare the recipes. She was amazed to learn how easy it is to shop and prepare the healthy foods from the food guide pyramid, and some time you can put all five group in to one dish. This is call a casserole. She told me it didn't take her long to become a healthy eater after joining the Expanded Food Nutrition Education Program.

ETP34A. EFNEP: Success Story – *LEAD BY A CHILD*

By EMOGENE EASTERWOOD

Success comes in the form of one small kindergartner. This child was in one of my NEP classes at Golden Springs Elementary School. We discussed the importance of drinking 100% fruit juice compared to fruit flavored drinks. This child delivered the information home to his Mom.... all well and good.

Unknown to me, a few weeks later I enrolled this Mom in my Health Department Food \$mart class. The lesson being taught was the Fruit Group. While I was explaining about fruit servings, vitamins and buying 100% fruit juice compared to fruit drinks, this participant ask if I taught nutrition at Golden Springs. Learning that I indeed did teach at this school, this Mom told of purchasing groceries with her son. This young child proceeded to help Mom find the 100% juice on the label, explaining to her the lesson he learned in nutrition class with Ms.

Easter something. Well, this Mom purchased the correct juice at the insistence of this young child. Now she is a willing participant on my Food \$mart class, learning all she can about healthy ways to help her family. Also, she is a good advertisement for the EFNEP program.

ETP34A. EFNEP: Success Story – 4-H DOT Cook Book --

By MYRUS WEAVER

Dear Teacher and Students,

Won't you help us, please? We would like to publish a 4-H DOT Community and School Cookbook. We would like to have it filled with the best recipes from the best cooks in our schools and communities. We will need three to five of your favorite recipes as soon as possible. We will select two or more of your recipes to be included in our cookbook. Please print carefully or type your recipes on white or notebook paper. If you would return your recipes to a volunteer or a 4-H DOT member within the next week or two, we will be able to begin putting the cookbook together for the holidays. Your name will be printed on each one your recipes. Please ask your parents, grandparents, teachers, principals, preachers, or anyone that would like to see their name and recipe go up in "lights". In the past our cookbook volunteers has made this a special success project. This is a good EFNEP team project, for Youth and Adults Nutrition Education Program, sponsored by the Alabama Cooperative Extension System.

Thank you so much for participating in our first 4-H DOT School and Community Cookbook. Please label your recipes with one of the recipe category listed below.

Recipe Category

- Appetizers, Beverages
- Main Dishes
- Miscellaneous
- Soups, Salads
- Breads, Rolls
- Vegetables
- Meats
- Desserts
- Other suggestions such as canning /pickles, storing, freezing and how to teach our Children's good manners, made be included.

Thank You,
Myrus Weaver, Calhoun Agent Assistant

ETP34A. EFNEP: Success Story – VEGETABLE SUCCESS STORY

By DORIS J. SHEARS

Recently, I had the privilege of teaching a night class of adults and children at our local Salvation Army Home League. To my surprise, most were very attentive and several asked questions, but their main concern was the lack of vegetable intake in their children's diet.

After reviewing the questions and comments, I chose to end my series of Food Smart lessons with Vegetables and Keeping Foods Safe. There was no doubt about which dish I would prepare for our final class, a simple assorted Vegetable tray with Lo-fat dip.

After class I was thrilled to see the children sample and actually enjoy the broccoli, cauliflower, grape tomatoes, bell pepper, baby carrots, pickled beets (grown & prepared by me) and come back for more...." How I wished Dr. Evelyn Crayton could have been there to witness this and hear their comments".

What a wonderful group to work with and the ICING ON THE CAKE / VEGETABLES ON THE PLATES and enjoying them was truly a sight to behold!! Dr. Evelyn Crayton and Barbara Mobley, I hope I made you PROUD and hopefully will have many more accomplishments in EFNEP.

ETP34A. EFNEP: Success Story – A PERSONAL TOUCH

By ELOISE TEMPLE

Today's Mom is the most interesting aspect of the EFNEP clan. I have become associated with several cultures during my communications. This particular day, at the health department, one of my homemakers was there for her postpartum checkup. The nurse practitioner noticed how fretful the baby was and asked to hold her until her mom finished her exam. We tried everything we knew to quiet the baby, but nothing worked. She wasn't wet, wouldn't take the bottle, and wouldn't take the pacifier, nothing. We came to the conclusion that only her mom would do. Finally, mom came! But to our surprise, the baby still fretted. Mom proclaimed that the grandmother and father had spoiled her, but I noticed the baby was always nudging around her mothers breast. I asked mom did she breastfeed and she said she had only for a week. I told mom to breastfeed the baby now to see if that would quiet her some, but mom was too embarrassed to do so. I closed the door and as mom began to breastfeed. Baby went straight to sleep! YEA MOM!

ETP34A. EFNEP: Success Story – Surprised Mom Benefits from Program

By DENISE N. BELLEW

A client named Kim attended our Today's Mom program for the first time in her fourth month of pregnancy. She had just found out she was pregnant after seeing the doctor with flu symptoms. Her other two children ages 13 and 15 along with Kim's husband were truly surprised at this pregnancy because Kim had a "Tubal" performed at the birth of her second child. Kim eagerly attended all 6 lessons commenting on how much she had learned and how things had changed since her last pregnancy. She did not breastfeed her other children and did not plan to do so this time. After completing the program and discussing the benefits of breastfeeding extensively...she decided to breastfeed. Her baby is 4 months old and Mom & Baby are both benefiting from this experience. She said the Today's Mom class made a huge impact on her and her family. "My family really enjoys the new recipes also." "I am very grateful for the opportunity to attend these classes". Today' s Mom does "MAKE A DIFFERENCE".

ETP34A. EFNEP: Success Story – The Advance of Breastfeeding

By DOROTHY C. DUNCAN

I encourage all my participants to breastfeed their babies. There are so many rewards to the baby and the mom. I think more of them try because of the colostrums the baby receives from the milk. Breast milk is the perfect food for a newborn. Breast milk is easily digested, prevents constipation, and has less colic than regular formula. Breast milk protects against infection, and babies are not sick as a formal fed baby. The baby's eye hand coordination is physical developed early also as the brain grows. No preparation is needed for to breastfeeding. Travel is easy because the breast milk is always ready when the baby is ready. Breast milk is less expensive than formal milk.

When I meet one of my participants they inform me that they had another baby and remembers the things I told her when she was in my Today's Mom classes. She didn't attend my class with her second baby but did the same thing she had learned in the today's mom class. The baby was very friendly, alert and had good eye contact. The baby looked like a six-month old baby but was only three months old. She didn't have any problems with breastfeeding. I felt good knowing I had helped her and she was still carryings out the things she had learned in the Today's Mom classes. When the baby got up at two o'clock she didn't have to fix a bottle, she changed the diaper and feed the baby breast milk and the baby went to sleep for four more hours. When babies are newborn the mothers are really rest broken because the baby usually eats every two or three hours. Family and friends can do other thing to help mom with the baby. They can give them bathe, change diapers, or rock them to sleep. A baby is a full time job. The mother was glad to see me to let me know how well she and her baby were doing.

ETP34A. EFNEP: Success Story – TEAM WORK

By QUEEN ESTER HARRIS

This summer what seem to be turmoil to me, turned into a success for others.

It was suggested at our monthly conference meeting by our Supervisor, that we would have a summer 4-H Camp for our DOT's participants for one week. I personally thought that is not going to work" but I said, "You want know until you try it."

I had in mind what Community Center would be the best location for this camp. I discussed the ideal with Ms. Cumberland, Director of Floyd Community Center. Her ideas and procedures for organizing the camp made it easier than I thought. She suggested doing different age groups each day. I wanted to enroll as many youths as possible so I said "Why Not"! When I arrived to present my 1st lesson presentation I wasn't aware it was 50 to 60 students each day. I know I couldn't teach that many in one class by myself. I asked PA Crosby and Russell to team up with me for the summer at this Center and they agreed.

Each day we taught different age groups, some were eager to learn and listen and others thought they knew everything we were teaching. We shared our ideas and teaching methods on how to get the kids motivated. We had limited finance to purchase food and other items for the week long camp; we decide to share our receipts and activities. The Community Center staff was very helpful in accommodating us with anything we needed to help make our classes educational & enjoyable.

Many youths were reached this summer by attending our DOT Summer Camp/Workshop. I enjoyed team working with PA Crosby & Russell. My face is very familiar at Floyd but the youths enjoyed Russell & Crosby also, and the fun we had together teaching about the Food Guide Pyramid and other educational materials. We made it an environment where the students wanted to be with us each day.

What I thought would not be a successful Camp turned out to be one of the best Summer I had while working the DOT program. We are looking forward to this experience next year. We were one happy family who attained respect for our body health. The students got new attitudes about eating habits, and new nutritious minds about becoming healthier men and women in our future society.

ETP34A. EFNEP: Success Story – Determined To Learn

By JOHNNIE M. HOOKS

Mrs. C.B. joined the EFNEP program in February of 2004.

She had started in the program before but was unable to complete it because of health and other reasons. But she was determined to finish and get the (as she called it) lovely certificate.

She has one child, a son, who now is in high school. He participates in a number of programs, some of which he is asked to bring various dishes. She did not know how to fix a lot of the dishes, in fact most of them.

So she was determined to show off her cooking skills and most of all some nutrition tips and explain why it is important for one to eat and feed their family healthy foods.

She did not miss a single session except for a doctor appointment. She tried all the dishes we prepared and if something did not come out right she made notes of what happen and tried to correct it. Sometimes she would bring her items to class and do it along with the other dishes.

She also brought two of her friends into the program and tried to encourage more of her friends to attend. She has graduated from the class and still comes by and helps with any work to be done.

C. B. also explains to the class how this program has helped her save money, prepare healthy meals & healthy snacks. C. B. now eats more fruits and vegetables and has learned not to overcook food.

ETP34B. Nutrition Education Program

By SONDRA M. PARMER

A. Description:

The Nutrition Education Program (NEP) provided by the Alabama Cooperative Extension System at Auburn University is one of the most dynamic nutrition education programs that has occurred anywhere within Alabama during the last decade. More specifically, it is an extremely viable nutrition education component for food stamp recipients and other eligible individuals. The educational efforts help food stamp recipients make healthy food choices and choose active lifestyles consistent with the most recent recommendations by USDA.

The Alabama Nutrition Education Program (NEP) is a nutrition education program targeting food stamp recipients and eligible non-participants. The program is funded through a cooperative agreement between the Food Stamp Division of the Alabama Department of Human Resources, the Food and Nutrition Service, the United States Department of Agriculture, and the Alabama Cooperative Extension System. The Alabama Cooperative Extension System at Auburn University administers the program.

In its ninth year of implementation, all 67 counties in Alabama participated in NEP for the current project year. County Extension Agents, NEP Extension Agents, NEP Agent Assistants, and NEP Program Assistants, along with local organizations and community leaders, worked actively with families in these counties to provided in-depth nutrition education.

In addition to the 67 counties participating in NEP through the Alabama Cooperative Extension System, three sub-contracting agencies were part of the programming efforts. The Alabama Department of Public Health, the Mobile County Health Department, and Alabama A&M University each conducted nutrition education activities as part of the Alabama plan.

In addition to sub-contracting agreements, the Alabama Cooperative Extension System enters into partnerships with city and county school systems. The majority of the nutrition education delivered through NEP takes place in K-12 schools that are classified as having 51% or more of the students receiving free and reduced meal plans. The NEP educator works closely with teachers in these schools to deliver research-based nutrition information to educate the young people of the state. This partnership is effective for both parties as it allows the current State Department of Education course of study standards to be met more effectively and thoroughly.

B. Actions and Activities Carried Out:

Two major educational activities are provided by the Nutrition Education Program (NEP) through the Alabama Cooperative Extension System (ACES) at Auburn University. One aspect deals with “county nutrition education” efforts. Another activity consists of “social marketing” aspects. Activities for both areas will be provided in this report.

Statewide training was provided to all NEP educators. The training covered topics such as NEP and FNS policies, procedures, and guidelines, teaching techniques, and nutrition subject matter.

Programming was conducted primarily in K-12 schools identified as having 51% or more of the students receiving free and reduced meal plans. Additionally, programs were conducted in local libraries, boys and girls clubs, senior nutrition sites, and public health departments.

Three different delivery methods are used to implement the Nutrition Education Program – the series program, the single program, and the exhibit. The series program is defined as a collection of lessons to be taught on a weekly basis over the course of several weeks. The single program is a one-time meeting with a group. The exhibit is a composition of information placed in a site to impart knowledge to a targeted audience.

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

County Nutrition Education

Nutrition education activities for food stamp recipients and other eligible individuals are provided in every county in Alabama. The majority of these activities focus on youth (preK – 12). NEP nutrition educators at the county level (approximately 95 FTE total; about 80 full-time [100%]) work with more than 3500 school teachers and other school personnel in more than 600 qualifying schools. These NEP educators teach core elements of dietary quality, food safety and food resource management in classrooms comprised of 51% or more of the

students receiving a free-reduced priced meal plan.

Nutrition activities at the county level are provided through various methods of instruction. These methods, as well as number of participants, consist of the following.

Methods of Instruction and Participation

Instruction/Method Number of Participants/Percent of Participants

Series Program: Group instruction with a minimum of six weekly lessons
309,700
43

Single Program: Group instruction with only one contact
126,400
17

Exhibit: Nutrition education display 289,980
40

TOTAL Direct Contacts 726,080
100%

NEP strives for the highest quality in nutrition teaching methods. To name a few, these engaging methods include hands-on activities, food tasting, interactive nutrition games dealing with food safety and the food guide pyramid, and glo-germ (germ finding) activities. Teaching materials include curricula with lesson plans, videos, computer-generated presentations, computerized nutrition programs, books, handouts, sing-along videos, 3-dimensional food guide pyramids, and interactive story-telling kits.

NEP educators in every county provide educational resources to local Food Stamp offices. They provide general written information on dietary quality, food safety and food resource management. This information is presented in easy-to-read format; generally at the third grade reading level includes information relevant to the audience. When appropriate, materials are provided in English and Spanish.

In the event a participant is enrolled in a series program, NEP educators identify topics that are taught and report this information to the state office. These topics have been listed in the table below.

Core Elements Taught in Series Programs and Participation

Core Elements and Percent (%) of Participants Taught Topic in Series Programs

Core Element: Dietary Quality

Breakfast 56

Calcium 67

Fast Food 26

Fat 41

Fiber 28

5-a-Day 70

Farm-to-Table 50

Food Guide Pyramid 82

Healthy Heart and Bones 67

Iron 19

Multicultural Foods 13

Food Tasting 45

Physical Activity 57

Snacks 64

Sodium/Salt 21

Sugar 40

Vitamins 39

Core Element: Food Resource Management

Food Budget 4

Food Preparation 18

Label Reading 28

Meal Planning 8

Core Element: Food Safety

Food Safety 40

Food/Kitchen Sanitation 16

Hand Washing 65

Demographic Data

Demographic information is collected at the State Office on the participants of series programs. The following are fiscal year 2004 demographic data for all series program participants:

Gender

51% Male

49% Female

Race

54% White

40% African-American

4% Hispanic

1% Asian or Pacific Islander

1% American Indian/Alaskan Native

Residence
79% Rural
21% Urban

Social Marketing

Take 5-A-Day billboard campaign occurred in the Montgomery area in FY04. Indirect contacts are estimated at 10,950,000 viewers.

D. Fiscal and Human Resources:

Approximately, 200 ACES employees allocated more than 23,000 days to this project in 2004. The annual budget for this program was approximately ten million dollars with half of this amount coming from the federal government. The remainder was provided in in-kind dollars from ACES and local partnerships with K-12 schools.

E. Program Visibility, Exposure and Future Plans:

The Nutrition Education Program in the school systems was terminated on September 30, 2004. The Nutrition Education Program currently has 23 nutrition paraprofessionals working in 46 rural counties throughout Alabama. Education occurs in county Food Stamp offices.

ETP34B. Nutrition Education Program: Success Story – St. Clair County Students Learn About Hand Washing in Germ City

By LEE ANN CLARK

States reported a record number of flu outbreaks as 2003 wrapped up. This led to a shortage of flu vaccinations, which concerned parents. Since the Centers for Disease Control reports that "hand washing is the single most important means of preventing the spread of infection," Lee Ann Clark, County Extension Agent, Nutrition Education Program took action to protect their children.

Agent Clark provided students with an eye-opening look into the world of germs and hand washing during a special presentation. Dubbed "Germ City," the exhibit was made available in Alabama by Dr. Donnie Cook, Health and Nutrition Specialist and Project Leader along with Andrea Morris, Project Coordinator from Alabama A & M University.

Teacher and community volunteers assisted in four schools to make "Germ City" a fun way to test the hand washing skills of approximately 1,500 students and faculty. Thanks to a special bottle of glow-in-the-dark "germs," participants learned how easily germs spread and the importance of using good hand washing skills to get rid of them. Before visiting the display, Clark taught students how and when to wash their hands properly.

"I didn't know it was so hard to get rid of germs," said one 2nd-grader at Odenville Elementary. Another student from Lola Roberts Elementary said, "Boy, I sure hope my Mom doesn't have one of these at home!"

Teachers reported that after this program was presented students continue to use good hand washing techniques and that there was a reduction in absenteeism due to illness.



Odenville Elementary Students Enjoy Visiting "Germ City!"

ETP34B. Nutrition Education Program: Success Story – “Molly Moo” Visits Blount County Schools

By WENDY G. ULRICH

Recent statistics have proven our children are not getting the calcium they need for healthy growth. We need to get the children's attention to focus on dairy products as popular snacks and drinks at both school and at home.

To capture the attention of approximately 800 kindergartens through 4th grade students at Susan Moore and Cleveland Elementary Schools in Blount County, our ACENEP (Alabama Cooperative Extension Nutrition Education Program) Agent Assistant became "Molly Moo" for the month of March 2004.



Our Very Own "Molly Moo"

Molly Moo is a very special dairy cow that devotes her life to making milk so all boys and girls may have healthy, strong, bones and teeth. Molly Moo teaches the children how important calcium is to our health and how many great tasting foods and recipes there are to help our bodies get the calcium we need. All the children were able to taste a sample of two different cheeses and discover what a great tasting snack that dairy foods can be. They also learned what a wonderful variety of calcium rich foods there are available today and how to incorporate the servings they need into fun and good tasting meals and snacks.



Sandy Holland's 1st Grade Class At Susan Moore Elementary

The children were given recipes and snack ideas along with information on the importance of calcium to take home to their families. The children were excited about trying the new recipes and snack ideas. Many of the teachers reported seeing more students drinking milk in the lunchroom and saying "Molly Moo says drink your milk!" Our ACENEP Agent Assistant, Wendy G. Ulrich is looking forward to seeing the children next month to hear which recipes they enjoyed the most.



Shirley Horton's 1st Grade Class At Susan Moore Elementary

ETP34B. Nutrition Education Program: Success Story – *NEP Making A Difference*
By FRANCES M. WHISNANT

This past week I have been shown that NEP is making a difference in the lives of young children. Since I am in my second year of teaching NEP classes at a local elementary school, the kids are becoming familiar seeing me.

I have taught classes with a variety of ages. I have conducted Chef Combo with kindergarten students, Kids's Club with first grade, Pyramid Cafe with second graders, and Fit For A King with third graders. All of these were taught for six weeks or more. The impact has been overwhelming to me as I shop in my local Wal-Mart and Food World stores! While shopping for my groceries, a young girl speaks to me as I am purchasing produce. She begins to tell her Mother to buy broccoli and carrots because they are good for you! I continue to watch and listen as she encourages her Mother to purchase more fruits and veggies.

While making purchases at Wal-Mart, a young girl comes up and gives me a "hug" and begins to tell me she is now eating breakfast! She tells me she has been eating her cereal. She runs back down the aisle to her Mother and tells her I am the "Nutrition Lady" that comes to her school.

I have been reminded that these young students are listening! NEP has such wonderful resources to share with students and I wish I could teach them all!

ETP34B. Nutrition Education Program: Success Story – *Healthier Vending Snacks in Cleburne County*

By SJELINEK

On March 15, 2004, three focus groups with grades 9, 10 and 11 were conducted to determine healthy food choices from Buffalo Rock Vending at Cleburne County. Pre-tests were given to 155 students at Cleburne High School to determine frequency of use and types of foods selected. A predominance of chips, pork skins and cheese puffs rated highest. Among drinks, soft drinks also rated highest. All high school students purchased from vending and only 1% brought their lunch from home.

With this in mind, Buffalo Rock provided healthier food choices and funding provided by a mini-grant from Action for Healthy Kids. Rice Crispy Treats and Traditional Chex Mix rated highest among food choices, while water rated the highest among beverages. Information will be shared with Buffalo Rock from the study to change current selections to meet the demand for healthier choices.

ETP34B. Nutrition Education Program: Success Story – *HANDWASHING*

By GRACE L. JAMES

On March 13 and 14 set-up a display of hand washing with AME Women's Missionary Society Annual Health Fair over 200 people attended both days. I demonstrated just how many germs are on a pair of clean "hands". Reflecting on the last quarterly report my success has been very, very good.

ETP34B. Nutrition Education Program: Success Story – *Mobile Dairy Classroom "Moo-tivates" St. Clair County Students To Drink Milk*

By LEE ANN CLARK

It's no secret. Kids today are not getting enough calcium, a mineral essential in the formation of strong teeth and bones. In an effort to change this trend, Lee Ann Clark, Extension Agent-Nutrition Education Program arranged for a special visitor to make an appearance at several St. Clair County schools. The children were surprised to see that the visitor happened to be a "real" cow named Speckles. The 1500-pound Holstein is part of the Mobile Dairy Classroom, a free program sponsored by the Alabama Dairy Farmers. Matt Armbrester, instructor for the unique classroom on wheels, captivated the interest of over fifteen- hundred students and faculty at four local schools.

Armbrester's presentation allowed children to see first hand how milk is produced and what

products are made from the wholesome liquid. He also stressed the importance of drinking 3-4 servings from the milk group each day to get the calcium their bodies need.



Odenville Elementary Students Meet Speckles the Cow and Learn About Importance of Drinking Milk

A local FOX affiliate, WBRC 6, covered the story and included it in their news segment called "What's Right With Your Schools." The story aired twice and reached over 500,000 homes in the Birmingham area.

Speckles the cow is still on the minds of students today. One Odenville Elementary third grade student recently commented to Mrs. Clark, "don't worry, I am drinking my milk everyday now!" Teachers have also commented that this program is definitely something the children won't soon forget, and that "we are really thinking now more than ever about the importance of drinking milk!"

ETP34B. Nutrition Education Program: Success Story

By PTHORNTON

I started working with NEP in December 1996, only working part-time, no benefits except teacher's retirement. The only requirement for the program then was to have completed the tenth grade. So, with only a High School diploma, and two small children at home I thought this was wonderful. The program focused on the Food Stamp clients then. My hope was that someday the program would focus on school age children, because I believe this is where nutrition needs to start. No adult wants to be told what to eat or how to eat. Well, it happened the program did start focusing on the school children. When the material starting flowing in I could not believe the things we had to work with. Each year something new would arrive. I know some counties have had really hard times getting into the school but when I told the teachers the information that I had to offer was free and I would be coming to their classrooms once or twice a month they said come on. Sometimes this would be the

only break that they would have that day. Had to watch teachers because they would want me to come everyday.

Along with the teachers it breaks my heart to see this program ending. I've had some of the kids since they were in the 4th grade now they are going into the 9th or 10th grade. My how time goes by when you're having fun, and this was really a fun job. Always in a different spot each day. Sometimes I thought that I was talking to the board when I was in a class, but then you would come in contact with the child parents and they would comment on something that you had taught on. One mother told me in Wal Mart one day that she went to buy little Debbie's and coke and her son said Ms. Pam told us we needed to eat more fruits and drink lots of water. Then this is when you know they are paying attention most of the time. I am very thankful that God gave me this job. The first thing people would ask when they found out the program was being cut was: what are you going to do? I told them that it was in Gods hands, He gave me this job when I really wasn't looking for one and has kept me here 7 1/2 years. I have learned a lot and met a lot of people and I am thankful for this time in my life. It was a great program to be a part of. Thanks to everyone who had a part with NEP.

ETP34B. Nutrition Education Program: Success Story – Lowndes County Nutrition Education Program Acknowledged

By PINKSDS

The Lowndes County Children's Policy Council at its Annual Advisory Luncheon held in February acknowledged the Lowndes County Nutrition Education Program. Judge Terri Bozeman, who is the Executive Director of the Program in Lowndes County acknowledged NEP Agent Doris Pinkston for all of her hard work, commitment and dedication to the health and overall well being to the children and families of Lowndes County. The NEP agent for Lowndes County Co-Chairs the Health Committee of the Lowndes County Children's Policy Council.

ETP34B. Nutrition Education Program: Success Story – Lowndes County Community Health Fair

By PINKSDS

The Lowndes County Children's Policy Council held its annual Community Health Fair in April of 2004. The Lowndes County Nutrition Education Program was instrumental in securing donations and registering vendors for the event. As co-chair of the Health Committee of the Children's Policy Council, I put in long hours to make sure that the event was a success. At the event, I set up the Glo-Germ display for children and adults. After a brief lesson, participants were asked several questions in order to qualify for donated prizes. Then participants were encouraged to view their hands underneath the Glo-Germ worm. Since the event, the Nutrition Education Program has received several requests to conduct the entire program throughout the county.

ETP34B. Nutrition Education Program: Success Story – Knowledge Makes a Difference

By PINKSDS

The Kids and Kin Program of the Lowndes County Family Resource Center held its annual Holiday Meeting for persons who were guardians of children under the age of 19 that were related to them but of whom they did not have custody. At the meeting, I was asked to conduct a thirty-minute workshop on Holiday and Food Safety. The participants were so engrossed with the presentation that included a 15-minute overview and then a 15-minute game, that once the allotted 30 minutes had expired, the participants nor the facilitators wanted the session to end. Therefore I continued the session and played another food safety game for an additional 15 minutes although I had ran out of prizes! Those in attendance were very eager to learn about food safety and enjoyed the game. The Kids and Kin representative, Mrs. Aquanetta Poole, sent a thank you card as well as the Lowndes County Head Start and the Lowndes County Department of Human Resources with requests to repeat the same program again next holiday season.

ETP34B. Nutrition Education Program: Success Story – Food Safety

By DELORES C. JUDGE

In May 2004, I worked with client's that visited the Tuscaloosa County Health Department who received WIC vouchers and attended the Eating Right is Basic class.

We discussed the importance of keeping foods safe, preparing food, and maintaining food temperatures. After enrolling clients in the ERIB class, I reviewed their behavior checklist and it was easy to see that improvement was needed in the area of food safety by the answers marked on the checklist.

Each time we met, we discussed the previous lessons. At our last meeting we took the second behavior checklist and I was impressed to hear of the changes that were being made by these clients. It was also evident by their answers on the behavior checklist.

ERIB does improve attitude, skills, and knowledge through the Expanded Food Nutrition Education Program.

ETP34B. Nutrition Education Program: Success Story – Purchasing Healthy Groceries

By ADRIENNE M. LEVERETTE

Working with the Today's Mom Program has been the most rewarding for me surprisingly during my many often trips to the grocery store or to Walmart. The success comes not from one individual but many. It honestly does my heart good when one of the many women I

work with in the program approach me with a smile on their face while explaining to me what groceries they are about to purchase and how it ties into their diet of the nutrients they need to stay healthy and have a healthy baby. Just last week a young lady approached me with her mom by her side telling me to look into her cart and let her know if she had made the right decisions about the items she was about to purchase. She plans to breastfeed and wanted to increase her calcium intake, in her cart was milk, collard greens, cheese, and salmon. I expressed to her that she was off to a very good start. Her mom told me that she appreciated the fact that I could tell her daughter about what she needed in her diet because she had also been preaching to her about the importance of her health especially now. That whole experience made me feel good inside because our clients do listen and do want to live healthy lives.

NATIONAL GOAL 4:

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

ETP11E. Poultry Production and Processing

By JOSEPH B. HESS

A. Description

Substantial numbers of broilers and commercial layers are produced in 49 of 67 Alabama counties. In association with eleven broiler companies, there are approximately 3,800 contract poultry producers in Alabama. Backyard flock and gamebird production is common throughout the State. This program includes cooperative linkages between the Departments of Agricultural Economics and Rural Sociology, Biosystems Engineering, Agronomy and Soils, Animal Sciences, Entomology and Plant Pathology and Poultry Science. Educational programs and on-farm demonstrations for poultry producers are administered by county agents and supported by extension specialists.

B. Actions and Activities Carried Out:

Poultry Industry Initiatives

Contact with Alabama's poultry industry representatives and poultry producers were completed through numerous venues, which included on-site visits, workshops, meetings and phone consultations. Printed educational and audiovisual materials were also available to support specific program objectives. The poultry extension scientists in the Department of Poultry Science were responsible for a large portion of clientele contacts. Other faculty in the Department of Poultry Science as well as other extension scientists from the Departments of Biosystems Engineering, Agricultural Economics and Rural Sociology and Agronomy and Soils were instrumental in providing clientele needs based on specialty.

County agricultural agents were instrumental in facilitating local grower meetings that supported new technologies and new regulatory guidelines relative to the needs of the poultry producer. Agents and specialists worked with poultry producers, contract growers and backyard flock owners to coordinate county grower meetings and to disseminate pertinent information on an as-needed basis.

Agricultural Bioterrorism

Efforts to alert the Poultry Industry and agricultural entities in general regarding the threats of terrorism to the nations food supply and our lack of preparedness to deal with problems of this sort have come from poultry extension efforts of a group lead by Dr. Robert Norton. Extension specialists have met repeatedly with State leaders to prepare disaster plans in case of food system tampering. Dr. Norton has written and spoken publicly on numerous occasions regarding this timely topic.

Animal Welfare

Dr. Bilgili has worked extensively with Alabama and regional poultry operations providing input into the creation of animal welfare programs at each location. These efforts are supported by the National Chicken Council to help poultry companies comply with animal welfare requests from national restaurant chains.

Eastern European Poultry School

This school was developed with Alltech, Inc. and through their support there were 35 attendees from six different countries in attendance. The four-day program included advanced lectures on production management, nutrition, disease, processing, economics, ventilation and waste management. The group also spent one day visiting a layer production facility. The school provided an opportunity to extend our expertise to an international audience. Dr. Blake organized this school.

Windrow Composting

Extension poultry specialists (Joe Hess, others) prepared a brief for the Alabama Poultry and Egg Association Production Managers Committee on using in-house windrow composting to reduce disease levels and transmission and improve performance. This was delivered to all Alabama broiler growers as an informational flyer. In addition, these materials were published in the Alabama Poultry and Egg Association monthly newsmagazine. The Alabama Poultry and Egg Association gave presentations on this subject at grower meetings held in all regions of the State in October.

Interagency Waste Management Team

The Interagency Waste Management Team is a multidisciplinary team comprised of faculty from the College of Agriculture and Alabama Cooperative Extension System representing the Departments of Agronomy and Soils, Biosystems Engineering, Animal Science, Poultry Science and Agricultural Economics and Rural Sociology. In addition, the Natural Resources and Conservation Service, Alabama Soil and Water Conservation Committee, Alabama Department of Environmental Management, Department of Agriculture and Industries, Alabama Poultry and Egg Association and Alabama Department of Public Health are represented on the team. This group provides education to Alabama's agricultural community regarding AFO/CAFO regulations and other environmental issues.

Biosecurity Taskforce

The Alabama Poultry and Egg Association maintain a catastrophic disease prevention taskforce to provide proactive leadership and educational materials to the State's poultry industry. Several extension specialists serve on this committee. They have primary responsibility for creating educational materials for dissemination to poultry growers and others working in the poultry industry around Alabama.

Backyard Poultry and Gamebird Issues

Extension Specialists and County Staff work with consumers and consumer groups regarding the management and health of small flocks of poultry. In addition, Alabama's gamebird producers are serviced through direct consultation and the dissemination of information from result demonstrations aimed at fine-tuning the management and nutrition of bobwhite quail and Hungarian partridge.

4-H Poultry Quizbowl Team Training

Extension Specialists from the Poultry Science Department help to train Alabama's Poultry Quizbowl Team that competes nationally each year in November. This year, testing materials developed by Dr. Robert Voitle were mailed to each participant prior to a training session on the Auburn University Campus and the completed tests were returned by mail. Unfortunately, several quizbowl team members were unable to travel to Auburn this year and the Auburn training session was canceled.

Statewide Poultry Career Development Events

Extension specialists from the Poultry Science Department participated in the coordination and administration of Alabama FFA Statewide Poultry Career Development Events in 2004. This involved the organization and completion of four statewide poultry judging events with faculty from the Department of Poultry Science. Also, a poultry judging in-service short course was held for Ag Science teachers. These events were first held in 2000.

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

Group contact methods were coordinated with a number of partnering agencies including, the Alabama Poultry and Egg Association, U.S. Poultry and Egg Association and Alabama Feed and Grain Association. In addition, a number of group teaching activities were conducted as stand-alone programs through the Food Safety and Security Peaks of Excellence Program in the Poultry Science Department. Examples of both types of involvement include;

APEA Broiler Seminar

APEA Hatchery/Breeder Workshop

APEA Processor's Workshop

APEA Grower Seminars (Four delivered throughout the State)

USPEA Hatchery Seminar (Atlanta, GA)
Alabama HACCP Roundtable
County Poultry Association Meetings in Numerous counties.

In addition, extension emphasis on windrow composting education at the behest of the broiler industry provided a vehicle for poultry producers to reduce viral and bacterial threats in poultry houses. This has been particularly timely due to the prevalence of the viral respiratory disease laryngotracheitis in North Alabama this winter.

D. Fiscal and Human Resources

Poultry extension scientists in the Department of Poultry Science were responsible for a large portion of clientele contacts. Other faculty in the Department of Poultry Science as well as other extension scientists from the Departments of Biosystems Engineering, Agricultural Economics and Rural Sociology and Agronomy and Soils were instrumental in providing clientele needs based on specialty.

County agricultural agents were heavily involved in facilitating local grower meetings that supported new technologies and new regulatory guidelines relative to the needs of the poultry producer. Agents and specialists worked with poultry producers, contract growers and backyard flock owners to coordinate county grower meetings and to disseminate pertinent information on an as-needed basis.

E. Program Visibility, Exposure and Future Plans

Agricultural Bioterrorism programs spearheaded by Dr. Robert Norton have garnered State and National attention and Dr. Norton has received several awards for these efforts.

Dr. Bilgili has been named the Chairman of the National Chicken Council's Animal Welfare Science Advisory Committee to further his efforts to prepare the poultry industry for animal welfare audits requested through the national restaurant chains.

Efforts to promote windrow composting for disease reduction have been discussed statewide and have been adopted by an increasing number of broiler producers. National interest has centered on our efforts and Extension Specialists (Joe Hess, John Blake, Ken Macklin) from Alabama have been asked to speak at several national meetings on this subject.

Upcoming plans included continued participation in catastrophic disease prevention taskforce activities with the Alabama Poultry and Egg Association. Also, waste management issues continue as an area of activity for the Waste Management Team as national criticism of the States' handling of the AFO/CAFO rule continues. Recent result demonstration efforts center around providing outlets for waste materials (broiler litter ash) from a potential ethanol production facility tentatively

ETP11H. Agents Providing AFO and CAFO Manure and Environmental Management Education

By TED W. TYSON

A. Description:

This ETP had two major thrusts, Providing AFO/CAFO Continuing Education required by ADEM, and Preparing AFO/CAFO Operators for Positive ADEM On-Site Inspections.

Providing AFO/CAFO Continuing Education required by ADEM - Every owner and on-site manager of Concentrated Animal Feeding Operations (CAFOs) in Alabama is required by ADEM's AFO/CAFO Rules to have both initial and annual training in various aspects of animal manure and waste product management. All CAFO personnel responsible for the operation and maintenance of the system must be trained and this training documented at each annual re-registration of the CAFO.

Preparing AFO/CAFO Operators for Positive ADEM On-Site Inspections - Each AFO and CAFO in Alabama, regardless of size or number of animals, is required to operate the farm production site in an environmentally safe and responsible manner. Each operation must maintain manure and dead animal management records sufficient to document accepted levels of environmental stewardship under Alabama's ADEM AFO/CAFO Rules. Each farm is subject to on-site inspection by ADEM to ensure proper operation under the rules. This ADEM inspection may be either a routine annual or complaint driven visit. An unsatisfactory ADEM inspection may subject the operator to fines and other actions that could become burdensome to further operation.

B. Actions and Activities Carried Out:

Eleven (11) agents attended in-service training (IST-1104 - Basic Topics in CAFO Continuing Education) held February 20-21, 2003. This IST provided educational material for and trained county ANR agents to provide CAFO Continuing Education training on the county level. Specialists on the ACES Waste Management Task Force prepared training material to include Power Point presentations and overhead projections with appropriate ACES Circulars and Timely Information Sheets. Topics included Buffers and Setbacks for Animal Manure Land Application; Understanding The Phosphorus Index, Emergency Response Plans, Waste Management Facility Self-Inspection, Records for Manure Handling and Dead Animal/Bird Management, How to Operate and Maintain a Dead Animal/Bird Composter, and Operating A Liquid Manure Management System.

Armed with this information and supported by state specialists, agents with Animal Feeding Operation (AFO) responsibilities responded to over twenty-five (25) requests from operators of AFOs or CAFOs who had gotten unfavorable inspections from ADEM and needed educational information to correct noted deficiencies within the ADEM-imposed response deadline.

Nine (9) agents attended in-service training (IST 1103 - BASIC PLUS -ADEM ON-SITE INSPECTION VISIT) held April 9-10, 2003. Information on details of an ADEM inspection

were presented, along with guidance for setting up and leading a MOCK ADEM inspection for AFO/CAFO operators.

Six agents presented five (5) MULTI-COUNTY MOCK ADEM ON-SITE FARM INSPECTION training tours to provide education that helped prepare the operation for periodic operation reviews and inspections. Seventy-five (108) farm operators and poultry company personnel were taught by these agents to understand and properly DOCUMENT the Best Management Practices in their Nutrient Management, Comprehensive Nutrient Management, or Waste Management System Plan. These periodic operational "snapshots" identified record-keeping and/or operational deficiencies that may harm the environment and initiate ADEM AFO/CAFO compliance enforcement action and/or prevent Annual CAFO Re-Certification.

The Alabama Animal Waste Management (www.aces.edu/aawm) website was redesigned to include new ACES publications developed by the aawm team and the latest regulatory information from EPA and ADEM.

A member-only web-based discussion list, aawm@aces.edu, was initiated and is used by all agents who signed up for the 2003 animal waste management ETPs and ISTs. This list is used to get the latest animal waste/manure/nutrient management and biosecurity information out to these agents with AFO and CAFO responsibilities.

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

Results from informal surveys by participating aawm county agents of the more than four hundred (400) AFO and CAFO operators trained at the twenty (20) Extension conducted continuing education programs were overwhelmingly positive. When 2 to 3 employees of these 400 AFO/CAFOs are considered, over 1000 animal feeding operation employees received ADEM-required continuing education as a result of efforts of the Extension aawm Team. 3112 total clientele contacts were reported. 3112 of these contacts were by agents and 1300 by specialists.

Three ETP success-stories illustrate this project. Tim Reed, Heath Potter, and Bobby Wallace submitted "Extension Helps Poultry Farmers Comply with Environmental Regulations". Charles Mason submitted "Mock Inspection of Poultry Farm". Russell Parrish submitted "CEU Credits Made Available for Butler County AFO/CAFO Poultry Producers".

In addition to the direct benefit to AFO/CAFO operators, this training will lead to better utilization of animal manures and especially to better utilization of poultry litter - a byproduct of our large poultry industry, which has the potential to be a very significant contributor to environmental problems. This will ultimately benefit the general public through improved water quality and environmental quality.

D. Fiscal and Human Resources:

According to the reported days worked on this project, 12 ACES agents and 4 specialists allocated 133 days to this project in 2003. The value of this professional time is over

\$28,728.

E. Program Visibility, Exposure and Future Plans:

The need to continue training Alabama's animal feeding operations and concentrated animal feeding operations will only increase in the future. Our intentions are to expand agent-training support to allow ACES field agents to continue to meet this increasingly important educational need for the economic viability of Alabama farmers and the protection of Alabama's environment for all of its citizens.

ETP27D. Training Fire Ant Management Advisors

By KATHY L. FLANDERS

A. Description:

This ETP was designed to teach the principles of sustainable fire ant management. Fire ants affect nearly everyone in Alabama. They can adversely affect our health, our agriculture, our wildlife, and our environment. It has been estimated that fire ants cost Alabamians \$175,000,000 per year (Thompson et al. 2002). Fire ant management is frequently crisis oriented, relying on the use of harsh chemical insecticides. As a rule, people spend too much money, too much time, and use too many pesticides trying to control fire ants. Environmentally safe fire ant products are currently available for use. However, they are often applied improperly. A sustainable approach to fire ant management can make fire ants easier to live with, while reducing social, economic, and environmental costs.

The goal of this project is to increase the general level of knowledge about fire ant management by 20-25%. A tiered training approach has been used. In 2000, forty county agents were trained in fire ant management. In 2001, educational publications and teaching materials were developed with input from these county agents (www.aces.edu/dept/fireants). For 2002, we trained the next tier of trainers, who we are calling fire ant management advisors. By teaching those who are likely to pass on their knowledge, we multiply our training efforts and dollars. In 2003, we continued our education efforts in fire ant management. We particularly wanted to get information to the employees at garden centers, and to extend our efforts to Alabama cattlemen. The first, because they advise so many homeowners on fire ant management. The second, because Alabama's 4 million acres of grass pastures harbor approximately 160 million fire ant colonies.

B. Actions and Activities Carried Out:

Between January 1, 2003 and December 31, 2003, ETP participants conducted 22 educational sessions for trainers. An average of 22 people attended each session. Educational materials used included slide sets, videotapes, posters, mound models, and publications. Master Gardeners, cattle producers, turf grass managers, garden center employees, city employees, county agents, garden club members, and civic club members were trained in sustainable fire ant management. Seven additional sessions were conducted for the general public. County agents from 14 counties (Mobile, Baldwin, Randolph, Lee,

Houston, Shelby, Monroe, Etowah, Madison, Montgomery, Colbert, Lauderdale, Marshall, Chambers) and a specialist participated in the various training sessions. (Please see success stories by Kathy Flanders, Shannon Norwood, Larry Craft, Ken Creel and Eddie Wheeler, for ETP 27d and/or SMP 27).

Videoconferencing was used to bring the expertise of two Extension specialists from Texas A&M University to county agents and cattlemen in three Alabama counties. The presentations prepared for this training session were re-recorded by the Texas Cooperative Extension Service and distributed on DVD. A companion publication, Managing fire ants in cattle production systems was authored by specialists at Auburn University and Texas A&M University, and will be published in spring 2004.

Youth programs that featured fire ants and their management were conducted in Bullock, Mobile, Montgomery, Randolph and Cleburne counties. These included Farm Safety Days, 4-H club meetings, and environmental tours and field days (please see success stories by Marla Faver and Chip East for ETP 27d).

Field demonstrations were conducted (DeKalb, Lee, Choctaw, Monroe, Houston/Henry Counties), six using baits, and one using a broadcast granular insecticide. (See success story by James Jones, SMP 27).

Other agents prepared newspaper articles (Etowah, Choctaw), and conducted radio spots (Choctaw, Marion) on fire ant management

Eight of our county agents are participating in the decapitating fly project. This project, administered by the Alabama Fire Ant Management Program, involves releasing and monitoring the establishment and spread of a biological control agent of the fire ant. (Please see success story by Charles Pinkston, SMP 27).

County agents from Houston and Henry Counties placed a fire ant exhibit at the Alabama Peanut Festival. 160,000 people attended the festival and had the opportunity to view the exhibit. Master Gardeners staffed the booth. County agents from Fayette and Lamar counties prepared an exhibit for a health fair at a farmer's market. Two specialists assisted the Alabama Fire Ant Management Project in staffing fire ant booths at the Alabama National Fair and the Sunbelt Ag Expo.

County agents in four counties (Geneva, Dallas, Talladega, and Morgan) conducted multiple field visits to garden centers to discuss fire ant management and training opportunities for employees.

Fire ant educational materials were distributed to nurseries and garden centers in Jefferson County.

Several other organizations have collaborated with ACES in implementing this program. Our partners include The Alabama Fire Ant Management Program, Alabama A&M University, USDA ARS, USDA APHIS, and the Alabama Department of Agriculture and Industries. Grants from the Southern Region Professional Development Program, the Alabama Fire Ant Management Program, and the Crop Insurance Program at the USDA Risk Management Agency provided funds for developing educational materials and conducting workshops.

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

We did not continue pre- and post-testing in 2003, but assume that results were similar to 2002, when we increased the general level of knowledge of our fire ant management advisers by 29%.

We hope that each of our fire ant management advisers will help 20 others manage fire ants in a sustainable way (8800). We hope members of the general public who were trained will contact several of their neighbors (462). Of the 20,000 publications that were handed out, we hope that 4,000 will be read and cause individuals to change their fire ant management practices. This adds up to 13,262 people. Switching from crisis oriented fire ant management to a sustainable approach will reduce costs per household from \$100 to approximately \$30. That would result in a cost savings of \$928, 340 ($13,262 \times \70).

The training done with youths today will lead to a new generation of fire ant managers. In future years, we hope that the decapitating flies will make an even greater contribution towards improving the lives of all Alabamians.

D. Fiscal and Human Resources:

According to the reported days worked on this project, 21 ACES employees allocated a total of 192 days to this project in 2003. The value of this professional time is \$26,183. For every dollar spent by ACES, we will have observed a \$35.45 return.

E. Program Visibility, Exposure and Future Plans:

Fire ants affect all our lives. Because of that, they are frequently in the news. Our county agents appear frequently on the radio, on television, and in print discussing fire ants and their management. Results are reported to the Alabama Legislature, and key government officials via the annual report of the Alabama Fire Ant Management Program. Nine participants wrote individual success stories about their local activities under this project.

In 2004, we will continue to train fire ant managers. Additional fire ant bait spreaders will be made available to stakeholders. A cd containing PowerPoint presentations on ant identification and fire ant biology has been prepared, and will be distributed. Video products will be converted to streaming video format, and made available on the ACES web site.

References Cited

Thompson, L. C. and S. M. Semenov. 2002. Re-appraisal of the annual losses in the south caused by red imported fire ants. Imported Fire Ant Conference, Athens, GA, April 2002.

ETP 27E. Urban Pest Management

By XING PING HU

A. Description:

The most destructive introduced Formosan subterranean termite is posing ever-great threat to human structures, causing collapsed houses and fallen trees in coastal counties. Coastal residents are crying for learning its exact distribution and control methods. A recent survey shows that termite related problems are rated the number one pest problem, and termite related lawsuit/claims have topped the US in 3 consecutive years. Costs of urban pest damage and control in AL have reached the peak. Urban pesticide use has increased to be 5-time amount of that used in agriculture. New products and technologies are coming into the market quickly in recent years.

The challenge is how can we introduce the information on these safer and effective technologies to the majority of our extension agents, pest control professionals and publics. The ETP27E is to enable agents to provide needed knowledge to help their clientele, and residents to cope with termite problems. Trainings, meetings, local activities were developed. The goal of this project is to provide training on identification, biology and sustainable toxic reduced management of common urban pests to our clients.

B. Actions and Activities Carried Out:

In 2003, four In-service Trainings were conducted and 142 agents and other clients implemented the trainings. Each training was an intensive 2 day course on managing household ants and cockroaches, managing termites and other structural pests, common sting and poisonous pests in homes, or common practice in managing household nuisance pests, respectively. Many participated agents also conducted training programs or demonstrations in their counties, and wrote newsletters or fact sheets to educate the public, or featured successful stories in newspaper or radio programs.

Several new extension publications were developed on implementing IPM in public schools. These publications are also available on our ACES website (www.aces.edu), and we have made an intensive statewide effort to make the clientele aware of this.

Several other organizations have collaborated with ACES in implementing this program. Our partners include The Alabama Pest Control Association, AL State Department of Agriculture and Industries, Household Authorities, etc.

This program was displayed at several local events, including Earth Day, Environmental Day, County Fairs, and ect.

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

This ETP has a great impact on every single resident who concerns about urban pest infestation and a significant contribution to make Alabamians' life better. The increased

number of calls/emails/visits from agents and the public indicated that more people are aware of new products for urban pests and want to know more. A significantly number of clients acknowledged that they are using safer products than before, and are adopting integrated pest management practices rather than relying on pesticides.

Pest control industries are relying on our information to update their technologies to meet the need of high standard.

Successful stories include: 1) Fairhope Formosan Termite Watch through education and community participation. Cooperated by Baldwin county agent Ms. Favor, this program gained support from Fairhope City Government (\$5000) and USDA (supplies). A Fairhope Termite Committee was developed and more than 30 volunteers and all local news media were involved. 73 termite sites were identified and termite infestation levels and expansion potential were analyzed using termite traps and public surveillance. Residents were informed program progress through news media and public meetings. The entire city (population over 12480) learned termite problems and gained the knowledge to win the battle against termites. 2) Be Aware of Termite on Crops. Our new finding shows termites have expanded host to feed on crops. Agent Harris from Tallapoosa wrote a story on termite damaging collar based on one of my visit to his county. His article won national award. I would like to cite the most successful story from an agent: "what's really rewarding and important about Extension is just being able to help folks time after time with education and solutions to their problems".

D. Fiscal and Human Resources:

I have not been able to obtain the numbers needed, though I tried.

E. Program Visibility, Exposure and Future Plans:

Our future plans are to continue this program for at least long as urban pest problem exists. We will be making some changes to the program in 2004 based on the feedback that we have received from the county agents that responded to our request for suggestions for improvement.

ETP 28E. The Alabama Farm*A*Syst Program for 2004

By JESSE COBB LAPRADE

A. Project Description:

The Alabama Farm*A*Syst Program is an environmental farm assessment system that addresses animal waste, soil erosion and pesticides used in agricultural production. Federal law currently regulates the proper management of animal waste and manure produced on livestock production facilities in Alabama. The concentrated Animal Feeding Operations law

is relevant for large livestock operations while the Animal Feeding Operations law affects smaller producers. These two Federal Regulations are delineated and their impact on livestock producers is discussed in the program. A nutrient Management plan is required for both types of operations as well as records to show that manure is being handled in a way that will not contaminate ground water or the environment.

Soil erosion leading to sediment transport is the single largest environmental pollutant, by volume, in rural farming areas of Alabama. This training program provides an insight in reducing erosion by maintaining ground cover, managing residue, maintaining buffers, and creating structural improvements.

Pesticide use can lead to off-site transport with significant ground and surface water contamination. This program deals with proper pesticide use including worker protection standards, personal safety, mixing and loading pesticides, calibrating equipment, proper application, handling excess pesticides, and cleaning equipment and containers. This program includes a self-evaluation of best management practices for participants to use to determine whether their level of environmental stewardship currently being practiced is satisfactory or if additional techniques need to be put in place in their own operation. This training program has provided guidance to thousands of agricultural operators in Alabama to make them aware of environmental stewardship, which assures that land values are maintained and that farming operations are at peak efficiency.

The publications used to support The Alabama Farm *A*Syst Program:

1. Alabama Farm*A*Syst, An Environmental Farm Assessment System; Animal Waste Products Used In Crop and Forage Production. CRD-67-A
2. Alabama Farm*A*Syst, An Environmental Farm Assessment System; Soil Erosion and Sediment Control in Rural Environments. CRD-67-B
3. Alabama Farm*A*Syst, An Environmental Farm Assessment System; Pesticide Management in Agriculture. CRD-67-C

B. Actions and Activities Carried Out:

As a part of the grant supported research component of this project, a mail-out survey was sent out on June 7, 2004 to all 112 farmer volunteer participants in the program. The results of this survey was used to determine environmental stewardship improvements made as a result of the training program conducted a year ago. Farmer participants returned 25 surveys in the mail by September 10, 2004. The remaining participants were called on the telephone reaching an additional 74 volunteer farmers for a total of 99 participants surveyed. There were 13 improvements made and noted with 9 improvements listed as “improved knowledge to protect water quality”, and 4 improvements that required a capital outlay; one noted building an impermeable cattle feeding facility, one built a pesticide mixing and loading site and two participants converted their row crop operation to no till cultivation. Eleven of the thirteen volunteer farmers that reported making improvements were trained by dedicated County Agents and volunteer trainers trained two. There were no reported improvements made by volunteer farmers that were sent the training materials by mail. There were 33 volunteer farmers that were trained and supported by county agent staff, 34 volunteer farmers that were sent training material in the mail, and 32 volunteer farmers that were served by volunteer trainers. County agent staff served all the improvements that required a capital investment by farmers. This project clearly shows that personal delivery

and support of environmental education programs by dedicated Extension Staff results in enhanced activity and outcome for environmental stewardship programs (11/13). The use of volunteer trainers was approximately 15% as effective as the outcome achieved by dedicated county agent staff (2/13). Sending literature by mail to farmer participants was totally ineffective in obtaining environmental improvements by the participants (0/34). In addition to the research project work there were 10 County personnel that participated in the ETP program, and all of them reported at least two local county farmer training and awareness seminars held in conjunction with other training programs in their counties.

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

This program has contributed to the following environmental improvements in Alabama:

1. Widespread acceptance of pesticide container rinsing and promotion of pesticide “clean days” to reduce the threat of pesticide residue to Alabama ground and surface water.
2. Promotion of BMP’s for animal waste management in the Sand Mountain/Lake Guntersville Watershed that resulted in significantly less ground and surface water contamination.
3. Promotion of no-till and limited tillage practices that has lead to a 40% reduction in sedimentation from crop tillage in Alabama.

This program continues to serve the farming clientele of Alabama including the general public who enjoy a cleaner environment and abundant food and fiber for all.

D. Fiscal and Human Resources:

There were 10 county agents that participated in the Extension Team Project for this effort in 2004 and one coordinator, the author of this report. There were a total of 134.5 days devoted to this effort among the ETP participants and many more days of effort expended by county personnel that did not sign up for the ETP effort in 2004.

E. Program Visibility, Exposure, and Future Plans:

Most of the 67 county offices have copies of the publications used in the program on hand (see section A of this report for details). Most of the county agents in these counties offer awareness of the training effort to farm clientele annually. Each year a media article is offered to all participating counties to be used in local newspapers to delineate the program. The article also appears on the Alabama Cooperative Extension System web site as well. The NRCS (Natural Resource Conservation Service) offices throughout Alabama utilize the training literature and work with their clientele to foster environmental stewardship throughout the state. The Alabama Cooperative Extension System has provided this service to NRCS since 1992.

Future plans are to continue to offer the program and serve the county teams throughout Alabama as well as the NRCS for many years to come.

NATIONAL GOAL 5:

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

ETP13C. Promoting Alabama Youth Development

By JENNIFER L. KERPELMAN

A. Description:

The youth of rural American towns are the citizens who will be responsible for the future vitality and economic strength of their communities, as well as the growth and development of families, places of employment, and governing institutions and policies. In the United States, we find tremendous variability between communities in the preparation of youth to shoulder these roles and responsibilities. Key elements of successful programs that promote healthy adolescent development are: (a) adult facilitators who instill hope in youth and assist youth in personal and community strength building processes, (b) adolescents who are viewed as community resources needing development rather than problems to be managed, (c) active adolescent participation and empowering the adolescents to take ownership of their development as a major outcome goal, and (d) flexible programs that are adapted to the needs of the participating adolescents and their communities (see Danish, 1996; Johnson & Johnson, 1998; Roth, Brooks-Gunn, Murray, & Foster, 1998). The Promoting Alabama Youth Development program (PAYD) program is designed to strengthen the ability of adolescents to promote their own healthy development and to contribute in positive ways to their communities. The program includes the key elements of successful programs and has the overall goal of increasing positive, healthy adolescent behaviors. This goal was accomplished by meeting the following objectives:

Objective 1: Participants' self-knowledge in the domains of education, employment, and adult roles will be increased.

Objective 2: Participants will be able to engage in successful decision-making and responsibility taking.

Objective 3: Participants will engage in effective communication and cooperation in group settings.

Objective 4: Problem solving strategies, as well as successfully management of interpersonal conflict will be developed.

B. Actions and Activities Carried Out:

This is the second year of implementation of the PAYD program. In January 2003, 26 extension agents were signed up for ETP 13C (this number has reduced due to recent retirements). Most of the agents signed up for ETP 13C in 2003 had participated in the training held in February 2002. All employees signed up for this ETP in 2003 received CDs

containing updates for the PAYD program. The few who were new to ETP 13C in 2003 also received the CD containing the original PAYD curriculum.

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

Feedback regarding the implementation of PAYD in 2003 has been somewhat limited. Of the feedback received, agents indicate that they have implemented the program with a range of youth groups, including: in-school 4-H groups, after-school 4-H groups, in-school groups with students at risk for academic failure, alternative schools, other in school groups. The adolescents with whom PAYD has been used range from middle school to high school students. Student responses to the module activities were positive (i.e., students were engaged and viewed the activities as beneficial and enjoyable). The program is reported to be flexible and easy to facilitate. Agents also report that teachers are asking them for copies of the PAYD materials.

Evaluation forms were received from one group (n=15; 8th and 9th graders, all but 2 were African American, 7 males, 8 females) for Module 4 (goal setting and planning). The students reported that they were highly satisfied with the activity (mean=3.6 on a 4 point scale) and that they experienced gains in knowledge about future planning by participating in the activity (pre-knowledge score = 3.0; post-knowledge score=3.8 on a 4-point scale). The difference between pre and post activity knowledge was significant at $p=.001$. These outcomes are consistent with the larger evaluation study conducted in 2002.

D. Fiscal and Human Resources:

According to the reported days worked, 23 ACES employees allocated 360 days to this project in 2003. The cost of this project is primarily the specialist or agent's time and the purchasing of a relatively small number of supplemental materials, as well as duplication of a few forms. Once all supplies for PAYD are purchased/created, some of these supplies can be reused indefinitely, lowering the cost of the program for subsequent groups.

E. Program Visibility, Exposure and Future Plans:

A Web Site (<http://www.aces.edu/teens/alyouthdevelopment>) has been produced that depicts the PAYD program modules. This website is used by youth and family professionals within the state of Alabama, as well as by professionals in other states. These professionals have contacted Dr. Kerpelman to discuss the use of the PAYD program with their clients. Some have also purchased the Game of Real Life Game board from ACES for use with PAYD module 4. PAYD also has been presented at national conferences during the last two years. Future plans are to continue this program for at least the next 4 years.

ETP13D. Stay Connected

By JENNIFER L. KERPELMAN

A. Description:

Stay Connected is a flexible program designed to enhance communication and interactions between parents and adolescents. This program can be used in a broad range of settings with diverse audiences. The core of the program includes: 10 goals for teens, 10 goals for parents, and joint parent-teen activities. Each goal addresses an area that is of current concern and importance for contemporary families and communities. The parent and teen goals are designed to complement one another so that programs can focus on building parent and teen strengths independently, as well as bringing parents and teens together for joint activities that enhance communication and understanding.

The goals for teens, as well as parents focus on both small and large parent-teen relationship issues. Parents and teens are helped to take each other's perspectives on a range of topics. Examples of areas covered with both parents and teens include: effective communication, dealing with conflict, discussing sensitive topics, rules, and tolerance and diversity. Teens also address: understanding why parents worry, responsibility taking, and identifying trustworthy adults in their support system. Additional goals for parents include: recognizing when teens need help, including teens in family decision-making, and gender stereotypes. Collectively the goals for parents and teens and the joint activities promote positive parent-adolescent relationships and effective relationship skills for all participants. Some of the main program objectives include:

Objective 1

Participants' knowledge in areas of: parent-adolescent communication, conflict management, perspective taking, balancing privileges with responsibility, and tolerance for diversity will be increased.

Objective 2

Adolescent participants will be able to engage in:

- a. more effective communication with their parents generally, as well as about sensitive topics.
- b. improved perspective taking with regard to why their parents worry about them, set and enforces rules, and wants to spend time with them.

Objective 3

Adult participants (i.e., parents) will engage in:

- a. more effective communication with their adolescents generally, as well as about sensitive topics.
- b. improved perspective taking with regard to why their teens push for autonomy and need a balance of boundaries and freedom, need to have a voice in decisions, and might choose interests and future paths that may differ from what the parents want or expect.

B. Actions and Activities Carried Out:

The Stay Connected Program was given to 12 ACES agents in March 2003 who signed up for the ETP (although this number has dropped to 5 due to retirements and other recent changes in ACES). In addition Dr. Kerpelman and Auburn University students implemented the program with adolescents attending George Washington Carver High School in Montgomery Alabama during February-April 2003. All ten goals for teens were addressed.

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

A total 185 adolescents from George Washington Carver High School participated in the Stay Connected program. All of these adolescents were African American students (60 males and 135 females) who were taking Family and Consumer Science courses. The majority of participants were in the ninth grade (n=104), followed by the tenth grade (n=50), eleventh grade (n=23), and twelfth grade (n=8).

Results of the retrospective pre/post-evaluation of knowledge gained from participation in the Stay Connected program indicated that across the group of participating adolescents, perceived increases in knowledge were observed for nine of the ten goal areas addressed. Table 1 shows the means for knowledge at pre- and post-session (range is from little knowledge (1) to a great deal of knowledge (4)). All gains in knowledge were significant with the exception for goal 3 (however the change in knowledge was in the expected direction).

Table 1. Knowledge Gains of Stay Connected Participants

Goal 1. responding appropriately when parents need to think about a decision.
#participants=14 Pre-knowledge score=3.1 Post-knowledge score=3.6

Goal 2. understanding why parents worry.
#participants=13 Pre-knowledge score=3.1 Post-knowledge score=3.5

Goal 3. why the adolescent's behavior matters.
#participants=14 Pre-knowledge score=3.2 Post-knowledge score=3.3

Goal 4. the link between privileges and responsibilities.
#participants=18 Pre-knowledge score=3.1 Post-knowledge score=3.5

Goal 5. why rules are necessary.
#participants=12 Pre-knowledge score=3.0 Post-knowledge score=3.6

Goal 6. identifying trustworthy adults.
#participants=17 Pre-knowledge score=3.2 Post-knowledge score=3.6

Goal 7. parent-adolescent conflict.
#participants=18 Pre-knowledge score=2.7 Post-knowledge score=3.4

Goal 8. talking about sensitive topics.

#participants=18 Pre-knowledge score=2.7 Post-knowledge score=3.7

Goal 9. spending time with parents.

#participants=15 Pre-knowledge score=3.0 Post-knowledge score=3.7

Goal 10. tolerance and diversity.

#participants=25 Pre-knowledge score=3.1 Post-knowledge score=3.6

Feedback provided by ACES agents regarding Stay Connected indicated intentions to employ the program in the future, although most had not used the program with clients yet. One agent reported that she had plans to implement the program with teen groups, group homes, youth organizations and churches. She also planned to use some of the information in a bimonthly newsletter. Another agent plans to use some of the materials with younger adolescents as part of a 21st Century grant.

D. Fiscal and Human Resources:

According to the reported days worked on this project, 6 ACES employees allocated 84 days to this project in 2003. The cost of this project is primarily the specialist or agent's time and the purchasing of a relatively small number of supplemental materials, as well as duplication of a few forms. Once all supplies for Stay Connected are purchased/created, some of these supplies can be reused indefinitely, lowering the cost of the program for subsequent groups.

E. Program Visibility, Exposure and Future Plans:

Stay Connected was used at Auburn University as part of the Personal Growth and Development Courses offered to Auburn employees. Parents of adolescents attended a two-hour workshop on parenting teens. This same workshop will be offered in February 2004. Stay Connected also was presented at the 2nd Biennial Southeast Regional Conference on Family Support (October, 2003) in Birmingham, Alabama. Approximately 50 educators attended the Stay Connected: A Flexible Program for Enhancing Parent-Teen Relationships session. Finally, ACES agents were made aware of the Stay Connected program at the Family Matters conference held in April 2003 (approximately 23 agents attended this 2-day meeting). During 2004, the Stay Connected program will be added to the (<http://www.aces.edu/teens/>) web site, which will make it widely accessible to, ACES employees and other youth and family professionals across the state and country. Future plans are to continue this program for at least the next 3-5 years and to increase the number of ACES employees who are aware of this program and how to use it. Its flexibility makes it a valuable resource for a wide range of programs addressing many different topics of interest to youth and parents. Presentations of the Stay Connected program at the state and national level are planned.

ETP14A. Leading with Character

By MARY H. GREGG

One of the most pressing issues facing the United States and its youth serving organizations today is how to best facilitate the leadership development of our youth. The future of the nation, and the future of world civilization, will soon rest in the hands of today's young people. To become productive and contributing individuals who can be effective and proactive in determining the course of tomorrow's world, Alabama's youth must develop positive leadership knowledge, attitudes, skills, and aspirations. Preparing today's young people for their roles as tomorrow's leaders is a challenge we all face.

The Alabama Cooperative Extension System is committed to the integration of leadership development and character education into all 4-H programming. Alabama 4-H's Leading with Character program is an outgrowth of the work of the Josephson Institute of Ethics. The youth component of the Institute, CHARACTER COUNTS! is a national partnership of organizations and individuals involved in the education, training, or care of youth, working together in a collaborative effort to improve the character of America's young people. CHARACTER COUNTS! focuses on "Six Pillars of Character," the core ethical values of Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.

Alabama's Education Accountability Law (Act 95-313) requires local Boards of Education to develop and implement a comprehensive character education program. However, this law is not supported by curricula or fiduciary support. The goal of Leading with Character is to provide curricula, training, and support to local school systems to aid them in meeting the demands of Accountability Law.

ACES introduced a new curriculum in 2003 Workplace Ethics. The curriculum contains a series of activity-based lessons for business or industrial settings. The materials are also appropriate for high school audiences in support of character development and career and vocational education. These materials may be borrowed from any local county extension office or by contacting the state office.

ACES employees devoted 967 days to Character education during 2003. ACES staff reported 296,165 non face-to-face contacts and 33,112 face-to-face contacts all attributed to Leading with Character programming. Leading with Character programming assists 4-H youth in developing leadership skills and ethics. This program teaches youth to exercise character and leadership in their actions, words, and associations with others.

ETP14A. Leading with Character: Success Story – Proud To Be Polite

By EMILY RUSSELL CAMPBELL

Youth Development Extension Agent Emily Campbell taught 6-12 year olds some manners in the Summerscapes Program and the Housing Authority's Summer REAP program in Jackson County. The course, consisting of four hour-long sessions and entitled Proud To Be Polite, sought to answer the childhood question of why it is important to be polite (to make other people feel good). Topics covered included Meeting New People and Making Introductions, Table Manners, Telephone Manners, Magic Words for Success, General Do's and Don'ts and Writing Thank You Notes. The class was divided into two sections according to age: 6-9 year olds and 10-12 year olds. A Bingo-style game allowed participants to win prizes for responding with correct mannerly statements to hypothetical situations. Role-play was employed with props such as telephones, table place settings, and dress-up costumes. Upon completion of the course 95% of the children could answer the telephone, make calls, and take messages politely. The knew how to make a good impression by using "Magic Acts" such as making eye contact, shaking hands, and waiting their turn and by using "Magic Words" such as Please, Thank you, and Excuse Me. The same percentage knew how to correctly set a table for a meal, how to correctly choose and use utensils at table and how to make introductions. Upon completion each child received a certificate proclaiming them to be "Proud To Be Polite".

ETP16B. Community-Based Water Monitoring

By WILLIAM G. DEUTSCH

A. Description

Extension Team Project 16b (ETP), entitled "Community-Based Water Monitoring," was developed during Fall 2001 to give opportunity to agents of the Alabama Cooperative Extension System to become involved with the Alabama Water Watch (AWW) Program. The ETP was initiated in 2002 and has been active for three years.

The U.S. Environmental Protection Agency (EPA), Region 4, and the Alabama Department of Environmental Management (ADEM) have funded AWW since 1992. ACES support (33% of Deutsch's salary) is an important component of the AWW program and is used, in part, as cost share on the EPA/ADEM grant. County agents are having increasing contact with AWW community groups, offering technical assistance and logistical support. A description of the AWW program and summary graphs of citizen data may be found at www.alabamawaterwatch.org.

B. Actions and Activities Carried Out

In 2004, 13 agents signed up for 227 person-days of ETP 16b. Agents participated in AWW by:

-) Promoting the AWW program by distributing brochures and in oral presentations.
- a) Facilitating or coordinating AWW training workshops
- b) Providing water testing supplies and equipment to citizen monitors
- c) Conducting AWW workshops as certified Trainers

A water chemistry-training workshop was conducted on October 16, 2003 in Jacksonville, AL, coordinated by Calhoun County Agent Hayes Jackson. This workshop was carried out in order to certify the local citizens, motivate them, and prepare them to begin a water testing group or monitor on their own. Emphasis was put on the importance of water quality, helping them become involved in water quality monitoring activities, and further educating others on the importance of community-based water quality monitoring. Six citizens participated in this Water Chemistry workshop.

AWW Training of Trainer and Quality Assurance Officer Workshops were conducted at a Public Library in Montgomery, AL April 17, 2004 by Bill Deutsch, Wendi Hartup and Brooke Smith for five participants. Phillip Carter, from Dothan, AL and ETP 16b participant, was the first ACES Agent to become certified as an AWW Trainer and QA Officer.

Bill Deutsch conducted Teacher Workshops with Robin Nelson (State Department of Education) on April 28 and 29, 2004 at Camp ASCCA, Jackson Gap, AL, for 16 teachers of Tallapoosa Co., as part of the USDA-funded Tallapoosa Watershed Project. Bill included an overview of the AWW program and a field exercise using AWWs Stream Biological Assessment protocols as part of his presentations. Several teachers expressed interest in becoming certified in AWW. The workshop was organized by Tommy Futral, ACES Agent.

Primary ACES Agent contacts with the AWW program office in 2004 were with Phillip Carter (Pike Co.), Tommy Futral (Tallapoosa Co.), Eve Brantley and Jim Hairston (AU Campus), Emily Kling (AU Campus), Jody Scanlon (Mobile Co.) and Stan Roark (Randolph Co.).

Other programs, projects and activities of Deutsch with ACES included:

- a) Director of a three-year CSREES-funded project (Tallapoosa Watershed Project)
- b) Occasional teaching/training with the 4-H Programs (e.g. stream ecology sessions with the Fly-Fishing workshop of ACES)
- c) Collaboration with the ACES Water Quality Specialist on proposals, regional projects and conferences.

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

The AWW program conducted 84 training sessions attended by 407 people; 83% were conducted by or with a Citizen Trainer. Thirty-one Water Chemistry Workshops (272 people), 25 Recertification Sessions (112 people), 15 Bacteriological Workshops (113 people) and six Bioassessment Workshops (69 people) were conducted during the report period. One Water Chemistry Training-of-Trainers (5 people) and one Quality Assurance Officer Training-of-Trainers (5 people) workshops were held. Eight of these workshops (81 people) were funded by other grants.

Seventy-seven citizen groups submitted data during the report period, and 13 of those groups were new to AWW. Most AWW groups monitored in the Tennessee, Coosa and Warrior watersheds (22%, 19%, and 18% of groups, respectively). The most group activity was located in the Warrior, Coastal Plains Streams and Tennessee watersheds (24%, 19% and 19% of data respectively). A total of 4,633 chemistry and 1,304 bacteriological data records were submitted. Since 1993, AWW has received over 30,500 water chemistry and

6,200 bacteriological data records. Approximately 1,700 sites have been monitored on 600 waterbodies.

Three Data Interpretation Sessions (comparisons of AWW, ADEM and AU trend data) and six Outreach activities were held for citizen groups. AWW received 16 official requests for data from other organizations.

A third volume to the AWW Coastal Waterbody Report Series, *Dog River*, was printed in September 2004. The Water Chemistry QA Plan was revised by AWW and approved by EPA and ADEM in March 2004.

D. Fiscal and Human Resources

In-service training and other coordination activities were implemented from the AWW office in the Department of Fisheries and Allied Aquacultures, with Bill Deutsch serving as the ACES specialist, and Brooke Smith and Wendi Hartup assisting with the ETP.

The annual budget for the AWW program in FY03-04 was \$190,838 in a grant from EPA/ADEM, with a cost share of \$127,225 from AU, for a total program budget of \$318,063. By providing 33% of Deutsch's salary, ACES contributed approximately 10% of the AWW program's budget. A request by letter was made to Dr. Gaines Smith in April 2004 for ACES funding of an Ag Program Associate position for AWW, to help make the program more sustainable in light of budget cuts from ADEM.

E. Program Visibility, Exposure and Future Plans

AWW was highlighted on the Cooperative State Research, Education, and Extension Service (CSREES) Volunteer Water Quality Monitoring national website.

The AWWARENESS Newsletter was produced and distributed via mail and the AWW website in December 2003, March 2004 and July 2004. The AWW website and the Data Forum have been visited over 60,000 times and 10,000 times respectively. About 240 people were subscribed to the AWW Listserve.

AWW staff attended four Alabama Water Watch Association Meetings, two Clean Water Partnership Meetings, seven AWW monitoring group meetings, and nine Conferences and Seminars. Approximately 40 people attended the Seventh Annual, Technical and Public Information Conference, held at Auburn University on February 7, 2004. About 60 people attended the Annual Meeting at Auburn University Fisheries Pavilion on June 5, 2004.

A modified version of the BIO-ASSESS game called *Macro Mania* was developed by Deutsch/AWW and the LaMotte Company for educators and premiered at the National Science Teachers Association Conference in April 2004. AU signed a licensing agreement with LaMotte for production and marketing.

Future activities of ETP 16b will be integrated into the restructured, Natural Resources programs of ACES, led by Dr. Kathryn Flynn, School of Forestry. Revised descriptions of

activities for "Community-based Water Monitoring" were submitted to Dr. Ken McNabb and Dr. Flynn and approved in December 2004.

ETP16C. Alabama Radon Education Program

By SUSAN H. ROBERTS

A. Description

Radon is a national health risk that, according to the U.S. Environmental Protection Agency (EPA), is estimated to cause between 15,000 and 22,000 lung cancer deaths per year in the United States. The EPA also estimates that 1 in 5 homes across the U.S. has elevated levels of radon. Backed by extensive research, the U.S. Surgeon General has warned that radon is the second leading cause of lung cancer behind smoking in the U.S. today. It is the leading cause of lung cancer in nonsmokers.

Radon is called the "silent killer" because it is a colorless, odorless, tasteless gas that cannot be detected without specifically testing for it. It occurs naturally in most soils and is in the air you breathe. Although radon gas dissipates in the air outside, it can enter a home or building through foundation cracks and openings around pipes. Once inside, it gets trapped and can build to high levels. This build-up increases the risk of lung cancer. Testing is the only way to determine if a home has elevated levels of radon. The Surgeon General recommends testing all homes because the home is where families spend the most time.

Although this serious, life-threatening indoor air pollutant is a health risk of national concern, Alabama does not have legislation pertaining to radon or its elimination from buildings, homes or other structures. Prior to 1997, the Alabama Department of Public Health (ADPH) was solely responsible for educating the citizens of Alabama about the radon health risk. However, recognizing Extension's ability to reach the public, the ADPH entered into a grant partnership in October 1997 to further educate the citizens of Alabama about radon risk. Since the program was implemented, it has been funded through the ADPH, with a pass-through grant from the EPA, with over \$1,464,000 provided in support since the ACES program's inception.

The Alabama Radon Team began with 20 county agents in 15 counties and 4 Extension support personnel based at Auburn University. Although the program has evolved and included other counties, the program currently concentrates its efforts in 13 Zone 1 (highest radon incidence) counties, Calhoun, Clay, Cleburne, Colbert, Franklin, Jackson, Jefferson, Lauderdale, Lawrence, Madison, Morgan, Shelby and Talladega, and one Zone 2 (moderate radon incidence) Marshall county.

The challenge is not only to provide radon education, but also to get people to take action to reduce the risk of radon-related lung cancer. Testing is highly encouraged as well as mitigating homes with high radon levels, building new homes radon-resistant and testing in real estate transactions. While no amount of radon is considered "safe," the EPA recommends remedial action when tests indicate 4 picocuries per liter (pCi/l) of air.

B. Actions and Activities Carried Out:

Since October 1997, Extension has worked with the ADPH in conducting an extensive educational effort of radon-risk awareness to homeowners, homebuilders, Realtors, home appraisers, home inspectors, code officials, medical professionals, policy makers and the general public.

Testing for radon is highly encouraged so Extension offices in the Radon Program counties offer short-term radon test kits at a nominal price of \$5. Although test kits are available at hardware stores and other retail outlets, 14,000 Alabama citizens have received radon test kits through Extension. Last year, 3,422 test kits were distributed to Alabama citizens, with 2,064 (60%) of the tests utilized.

Information is distributed in a variety of ways including mass media, exhibits, seminars, letters, the Internet, Extension programs to businesses, community groups, medical professionals, homebuilders, home inspectors, appraisers, Realtors, 4-H youth and school science classes.

Since October 1997, more than 20 million potential viewers, listeners and readers have been reached using mass media outlets. Over 385,000 citizens viewed displays or exhibits at special events, public offices, libraries, hospitals, doctors' offices, real estate offices, county courthouses, senior centers and county Extension offices and more than 200,900 programming contacts were made.

In FY-2003, a potential audience of 2,841,501 was reached through mass media, which included 12 television shows, 37 radio PSAs, 24 news articles, and 37 county Extension newsletters. Visitors numbering 76,681 viewed 125 exhibits, and 30,715 contacts were made through programs and face-to-face contact. Agents distributed over 10,000 test kit coupons.

In 2003, an acrylic brochure display was created with the assistance of the Extension Communications Department, and was placed in radiation oncologist offices, as well as county health departments. Over 356 free test kits were distributed to Alabama citizens as a direct result of those displays.

Cooperating partners have grown over the past three years. In addition to the granting partners, the EPA and the ADPH, the program has also worked with the Southern Regional Radon Training Center at Auburn University, USDA/CSREES, the American Lung Association, Huntsville/Madison County Builders Association, Building Code Officials of Alabama, American Society of Home Inspectors, American Association of Radon Scientists and Technologists, National Speleological Society, Habitat for Humanity International,

National Environmental Health Association, Conference of Radon Control Program Directors, Helen Keller Hospital, Decatur General Hospital, Parkway Hospital, Russellville Hospital, Huntsville Hospital and radiation/oncologist, Dr. Lane M. Price of Decatur.

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

Since the ACES Radon Education Program began, more than 5,500 or 39% Alabama homes have been tested for radon with test kits purchased from Extension, with 23% having elevated levels of radon. In the Zone 1 counties, where radon awareness programs are concentrated, 24% of the homes tested have shown high levels of radon. In FY-03, of the 3,422 test kits distributed to Alabama citizens, homeowners utilized 2,064 or 60% of the tests, an increase of over 100% from the previous year's testing numbers.

Over 795 homes have been built radon-resistant since the ACES program began. In addition, the Alabama Radon Team was responsible for referring 332 homeowners to mitigators, amounting to almost half of the 786 homes that were reported mitigated. More than 732 homes have been tested for radon in real estate transactions.

In FY-2003, 460 homes were built radon-resistant, 165 homeowners were referred to mitigators, and with 363 homes mitigated and 224 homes were tested for radon in real estate transactions.

The Radon in Alabama Web site has attracted over 7,000 visitors since its inception in July 2000. Over 300 test kits have been purchased through the Web site, with 55% of the test kits utilized by homeowners.

In FY-2003, there were 4,362 visitors to the Web site. About 257 radon test kits were ordered with 129 (50%) utilized for testing.

In June 2003, 36 Habitat for Humanity homes in Anniston, Alabama were built with radon systems. Extension's radon program and radon industry volunteers donated the equipment and supplies, as well as sweat equity.

In 2002, the City of Decatur, in Morgan County, became the first Alabama municipality to voluntarily adopt radon control methods as part of its building code. Shortly thereafter, two nearby cities, Hartselle and Falkville, also adopted radon control methods into their building code. ACES radon team members were instrumental in educating Decatur City Council members, which led to the eventual adoption of the code.

Extension's response to the state's critical need to create awareness about the dangers of radon has won national acclaim. USDA's Cooperative State Research, Education, and

Extension Service issued one of its four 2000 Flagship awards in Natural Resources and Environmental Management to Alabama Extension's Radon Awareness, Mitigation, and Radon-Resistant New Construction program. The program also won a 2000 EPA Environmental Merit Award for outstanding efforts in improving the environment in the Southeast. In 2002, three Radon Team members were awarded Extension's Superior Service Award for their part in the Newborn Project, a program where newborn infants' families are provided a free radon test kit certificate to redeem.

D. Fiscal and Human Resources:

According to the reported days worked on this project, 21 ACES employees allocated a total of 1,124 days to this project in 2003. There were also 21 employees who attended the one-day in-service training meeting in September.

E. Program Visibility, Exposure and Future Plans:

Radon gas will continue to invade Alabama homes and we will continue to educate and try to bring about awareness and action to the citizens of Alabama as long as the EPA will support radon awareness and action within state programs. We will continue to seek new ways to reach more citizens with the radon risk message and produce new marketing and educational materials for the Radon Team.

An Agent Advisory Committee was formed in 2001. Their suggestions and input were instrumental in providing program administration with valuable guidance. The ideas implemented as a result of the committee's input were well received by the entire Radon Team. We will continue with an Agent Advisory Committee, with regularly scheduled rotations made.

We will continue to seek partnerships and new media, programming and exhibit outlets.

F. Funding Sources

United States Environmental Protection Agency
USDA/CSREES
Conference of Radon Control Program Directors

G. Cooperating Institutions/Organizations:

Environmental Protection Agency
Alabama Department of Public Health
Southern Regional Radon Training Center at Auburn University
USDA/CSREES
American Lung Association
Huntsville/Madison County Builders Association
Building Code Officials of Alabama
American Society of Home Inspectors
American Association of Radon Scientists and Technologists

Habitat for Humanity International
National Environmental Health Association
National Speleological Society
Conference of Radon Control Program Directors
Montana State Healthy Homes for Indoor Air
Helen Keller Hospital
Decatur General Hospital
Parkway Hospital
Russellville Hospital
Huntsville Hospital

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ETP16E. Healthy Home Environments

By LAURA B. BOOTH

A. Description

The goal of the Healthy Home Environments ETP is to assist communities, families and youth to build home and community environments, which support healthy lifestyles. The mission of USDA/CSREES is "to advance knowledge for agriculture, the environment, human health and well-being, and communities." Thus, this ETP addresses several aspects of this mission by providing information on environmental health issues, particularly in home environments. This project has a special emphasis on the environmental health needs of children because several of the grants providing funding for this project focus on children's environmental health.

Most people spend over 90% of their time indoors. Some of the most serious environmental health problems for children occur in the indoor environment. Children often have greater exposures to environmental toxins than adults because their bodies are still developing and pound per pound of body weight, children drink more water, breathe more air and eat more food than adults. Environmental issues covered by this ETP are indoor air quality concerns such as environmental asthma triggers, federal regulations regarding lead poisoning prevention and lead paint disclosure laws for older housing, mold and moisture problems in the home and pesticide use in the home. Other environmental issues concern drinking

water quality, hazardous household products and energy consumption in the home. The desired change for this ETP is to promote better environmental health of families and communities by providing county Extension agents with research-based materials on the various topics addressed above to deliver programs in their communities.

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

The environmental health issues addressed by this ETP apply to all counties in Alabama; therefore, county Extension agents statewide are eligible to participate.

B. Actions & Activities Carried Out

In 2004, Extension educators who signed up for this ETP carried out programs that were first presented at a 2-day in-service training held in March 2003. This in-service provided ACES educators with intensive training and materials to carry out the mission of this ETP. There were 43 participants in this training, which included 34 counties. Based on feedback from agents attending the in-service training for ETP 16E (66% responded to the survey), ALL agents found the information useful. Groups with which to share information include Chambers of Commerce, Health Councils, County fairs, health fairs, doctors' offices, Head Start parents, libraries, foster parents, homeowners, Realtors, landlords, remodelers (for the latter three, especially those who deal with older housing), 4-H and Scouting programs and childcare providers. The most helpful resources were packaged information that could be used without further developing, community resources, updated information and the ability to share programs with other agents.

A key partner in this program is the grant-sponsored Children's Environmental Health Project, which is a partnership between USDA/CSREES and EPA Region 4. The mission of this southern region partnership is to provide educational outreach on environmental health risks to children by emphasizing partnering with other land-grant universities in the south and by partnering with other state health agencies. An annual meeting is held for this partnership project; sharing of materials and programs developed in each state extends the program grant dollars given for this project. In 2004, this annual meeting was held in Washington, D.C. and included many personnel from national EPA and USDA/CSREES headquarters.

County agents are encouraged to carry out a variety of home environmental health programs in their communities. County Extension agents have conducted environmental health workshops/conferences, which have included local health professionals, school and community health fairs, produced newsletter columns and public service announcements. To date, more than 1,200 professionals have been trained through the county environmental health conferences. These professionals have included school nurses, pediatric nurses, childcare providers, public health officials, social workers and others, including parents. Of particular interest to those attending the environmental conferences is the ability to obtain CEU's (Continuing Education Units) from Auburn University and other institutions for credit hours earned through training. In 2004, Extension educators in Autauga, Baldwin, Coffee, Fayette, Jefferson, Lauderdale, Lee, Madison, Montgomery, Morgan, and Talladega Counties conducted environmental health conferences and trainings. In addition to these workshops/trainings, many other Extension agents covered environmental health issues in their community newsletters and newspaper columns.

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

The intended long-term results of this project are to increase awareness of Alabama citizens of environmental health issues and to increase contacts within local communities regarding access to health care information about environmental health. Through the many environmental health workshops held across the state, citizens have been introduced to community and state "experts" for helpful contacts on various issues.

An emphasis of this project is to create low-literacy publications that can be understood by a wide segment of the population of Alabama and to have information available through ACES' Web sites for easy download. To date, ACES Web sites have been developed on lead poisoning, asthma, Energy Star, Sun Safety and general Environmental Health (which links to the other sites). The Alabama Home*A*Syst series of self-help assessments of the home environment are currently being developed; the assessment checklists contained in these publications can serve as documentations of actions taken. Alabama Home*A*Syst: Asthma: Controlling Environmental Triggers in the Home (CRD-78) was published in 2004. Two other publications on Home Drinking Water and Septic Systems are currently in process. Two brochures on lead poisoning prevention; one directed at Remodelers, the other at Sellers and Landlords of older housing, have also been published.

As a result of the Extension Healthy Home Environments program, several partnerships with ACES have been created to help implement programs that address environmental health issues. ACES was a partner with Alabama Department of Public Health in the development of the Alabama Childhood Lead Poisoning Prevention Plan in 2004. Also, the Alabama Children's Environmental Health Project was presented at the Family and Consumer Science Multistate Conference in 2004 to promote multi-state sharing of programs. World Asthma Day was celebrated at a HeadStart facility in Lauderdale County to emphasize the importance of childhood asthma; several other county Extension agents have worked with childcare providers to address children's environmental health issues. An important partnership has been the ACES/ AU Harrison School of Pharmacy Alliance for Community Health, which has helped to implement asthma education programs. This partnership has also served to implement other Extension health education programs: skin

cancer prevention and diabetes/obesity.

Other partners of the ACES Healthy Home Environments program are the American Lung Association of Alabama, UAB School of Public Health and Family Guidance Centers of Alabama.

D. Fiscal and Human Resources

There are several sources of funding for this project. Grant projects which are integral to this ETP are the Children's Environmental Health Project and Lead Poisoning Prevention Compliance Assistance (both EPA Region 4/USDA/CSREES interagency partnerships with University of Georgia Extension)--total funds to date \$70,808; the Alabama Home*A*Syst project (ADEM)--\$41,271; Alabama Energy Star (ADECA)--\$8,000; Healthy Indoor Air for America's Homes (USDA/EPA)-- total funds to date \$17,000; Healthy Homes Project (USDA/HUD)--total funds to date \$7,300 and the Alabama Power Foundation Asthma Education Project--\$20,000. In addition, ADPH contributed \$5,000 to ACES for participation in the Alabama Childhood Lead Poisoning Prevention Workplan. ACES was also awarded approximately \$10,000 for heading the southern region asthma education project, part of the Healthy Homes Project.

These funding sources, when combined, provided materials and travel funds for county Extension agents and Specialists to carry out programming for Healthy Home Environments. Many of the environmental health issues are covered by more than one grant, which helps to augment programs, and these funds are available to county Extension agents in all parts of Alabama interested in this project. In 2004, 43 Extension educators had signed up for ETP 16E, with an allocation of 1189 days.

E. Program Visibility, Exposure and Future Plans

The Children's Environmental Health Partnership Project communicates the successes of this project with the national EPA Office of Children's Health. Representatives of the national and regional EPA offices attend the annual meeting. Programs and materials developed by Alabama have been included on the EPA Web site, including the Governor's Proclamation of Children's Health Month in October.

This project has been the recipient of several awards: the Environmental Education award at the Extension Galaxy II Conference, Salt Lake City, UT, NEAFCS-AL Environmental Education award and a Superior Service Team Award by ACES.

Future plans for this environmental health project are to expand beyond the home and to cover more general environmental health risks. This has already begun by incorporating the Alabama Skin Cancer project, funded by the Alabama Department of Public Health, into this environmental health initiative. Grant funds have been received by ACES from ADPH to implement skin cancer prevention projects. EPA also sponsors this educational initiative through its SunWise program of sun safety education; in fact, EPA gave permission to adapt its materials for ACES publications.

Plans are to expand environmental health risks for the aging population that will interact with the EPA Aging and Environmental Health Initiative. In addition, more media work is planned to increase visibility of ACES' programs on environmental health. A videotape project is under development on asthma education with the AU School of Pharmacy. Plans are being made to partner with Tuskegee University to increase visibility and outreach education on a demonstration house built on the Tuskegee University Experiment Station that was build as a low-income "healthy home" that features healthy indoor environmental qualities.

Future and current plans include obtaining renewed and new grant funds to carry out environmental health programs in ACES. Several additional grants have been written to continue these programs; including a Healthy Homes grant with Tuskegee University, a southern region grant from EPA to promote environmental health education and a Smart Growth grant to implement environmentally-friendly community planning. Regional Extension Agents in the Human Nutrition, Diet and Health Priority Program Area have received materials on this program area as part of health education programs and plans are to include this ETP in the HNDH PPT for 2005.

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ETP16C. Alabama Radon Education Program: Success Story – *Extension's Alabama Radon Education Program Creates Educational Computer Game*

By J. THOMAS CHESNUTT

Two Alabama Radon Education Program staff members have developed a new computer game designed to educate the public on the issue of radon. Susan Roberts, Extension Associate and Assistant Director of the Radon Program, and Jamey White, a computer science graduate student, have recently developed the interactive game "Who Wants to Breathe the Radon Air?"

Radon is a colorless, odorless and tasteless radioactive gas that occurs naturally, and is produced by the breakdown of uranium in soil, rock and water. Radon is harmless when dispersed in outdoor air. However, when trapped in buildings, especially at elevated levels, radon can increase the risk of lung cancer. According to the U.S. Surgeon General, exposure to radon is the second leading cause of lung cancer in the United States. According to the EPA's risk assessments, radon is estimated to cause about 21,000 lung cancer deaths per year. Radon is not known to cause other illnesses or problems such as upper respiratory infections, colds or allergic reactions; its only known health effect is an increased risk of developing lung cancer. However, as with those who smoke, not everyone exposed to high levels of radon will develop lung cancer, and the time between exposure and the onset of cancer may be many years.

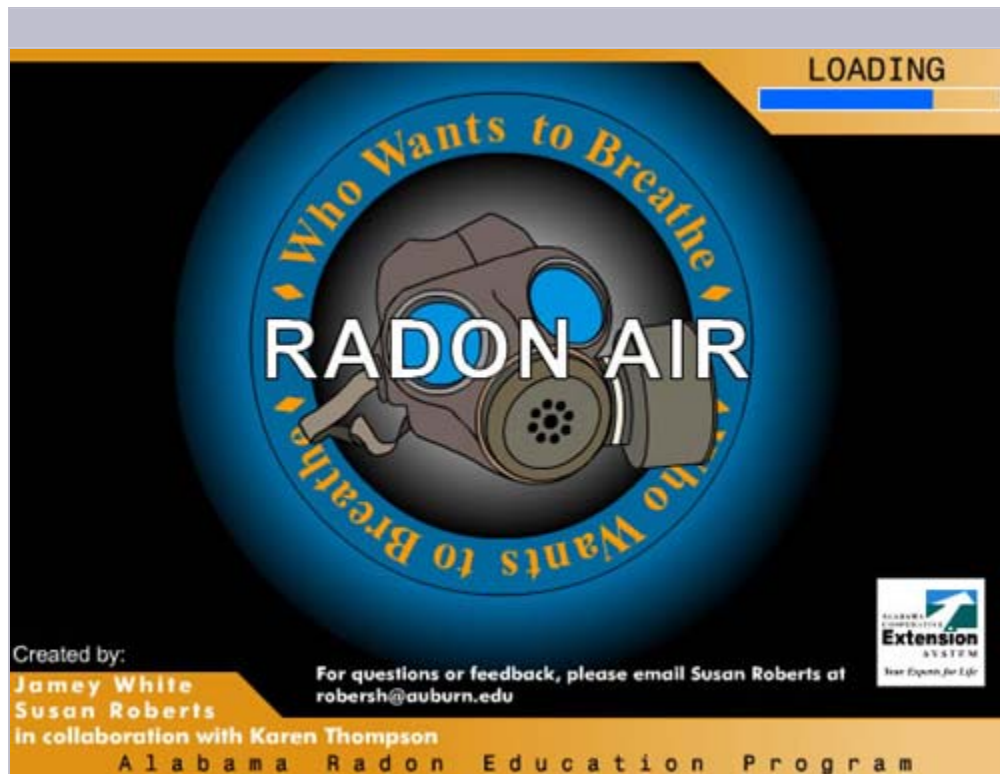
The purpose of the Alabama Radon Education Program is to increase the public's awareness to the health risks of radon, motivate those in high risk areas to test for radon,

encourage individuals to mitigate the problem when high levels are detected and build new homes radon-resistant. Since it's beginning, 7,649 short-term radon test kits distributed by the Program have been submitted to labs for testing. Also, 773 long-term radon test kits have been tested. Just over twenty percent of the short-term kits yielded high results, and 29.5% of the long-term kits had high results.

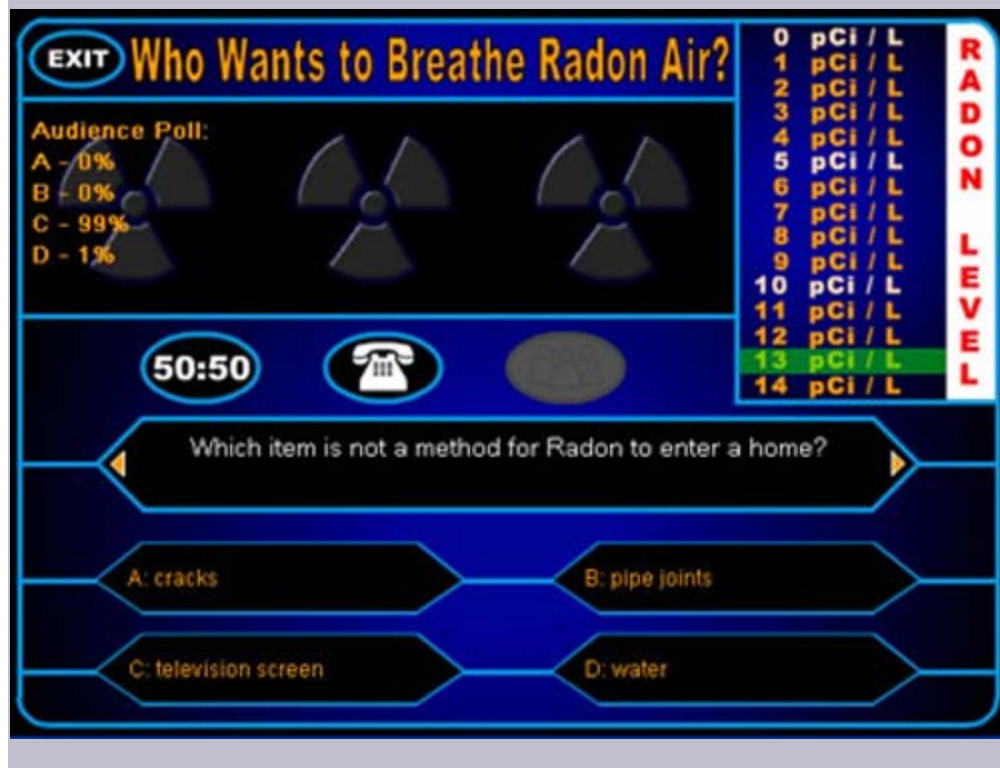
"Who Wants to Breathe Radon Air?" is an educational game created with Macromedia Flash MX. With likeness to the popular television game show "Who Wants to Be a Millionaire?" it provides players with an exciting and interactive experience to test their knowledge about radon. The game offers four multiple choice answers to randomly generated questions. Players can use three "lifelines" to assist them in choosing the correct answer. As players answer each question correctly, they reduce the game's radon level. The ultimate goal is to correctly answer 15 consecutive radon questions of increasing difficulty, reducing the radon level to zero. Once players reach this level, they are given the option of printing a personalized Certificate of Accomplishment or playing the game again. The interactivity keeps players interested by challenging their knowledge and since the game has a large question bank to randomly generate questions, no game should have the same exact questions.

The game's questions can be easily adapted to changing statistics on state, region or national levels, and is universally applicable for any location or for any group's use. This will be an effective tool for agents and educators to present to schools or community groups, as well as the general public. It will be on the Alabama Radon Education Program website and will be distributed on CD to all radon program agents. Plans are to present the game in a workshop at the annual Priester conference to be held in Lexington, Kentucky, in April.

The game will work in conjunction with another educational Flash program currently being developed. This second program will contain answers to all of the questions in "Who Wants to Breathe Radon Air?" and is expected to be completed in late 2005. It too will be available on the website.



Game Loading Screen



Landmark Question

Final Question

***Breathe easier - one
more step to breathing
radon free air.***

Good Luck!

SMP 19. The Urban Youth Initiative

By JANNIE CARTER

A. Description:

Extension outreach focuses on programs and services that contribute to the positive development of youth. While statistics profiling young people of the 21st century are not always positive, there is no disputing the fact that the youth perspective on family and community issues is a valuable piece of any planned resolution. Youth serving organizations and educators have sought ways to take youth input to the next level of active involvement. When we consider the concept of positive youth development perhaps the most valuable skills we can pass on to our youth are those that generate involvement as motivated and committed community leaders. Leadership builds self-confidence and breeds productivity. Contributions made by competent youth and adult leaders can lead to strong progressive communities, which is the guiding principle behind Extension outreach.

Through the Urban Youth Initiative or State Major Program (SMP 19), Extension educators seek to build skills, provide motivation and create opportunities for youth to develop their full potential as contributing citizens. The Urban Youth Initiative focuses on building and engaging the service and prevention skills of young people to promote positive citizenship and community development. During the 2003 program year, a number of approaches were used to engage youth.

B. Actions and Activities Carried Out:

The Madison County Urban Youth Initiative has partnered with Huntsville City Schools to provide youth development workshops and seminars. Four thousand four hundred and fifteen (4,415) inner city students, grades 3-5, were involved in 107 workshops at 12 city schools. Curriculum resources such as "Tackling the Tough Skills," and "Teen Leadership Connection" were used to educate youth in life skills development including decision-making, communications, career planning and responsible behavior. Reports from teachers reflect higher test scores, improved attendance, and teacher satisfaction. Twenty-five (25) teachers have adopted the youth development training as a part of their lesson plan.

An urban youth development program in Tuscaloosa County targets troubled youth in inner city schools using positive reinforcement to help 614 youth significantly improve their in-school behavior. Fifty-two (52) sessions were conducted during the school year to provide lessons on concepts of respect, responsibility, trustworthiness and fairness. Pre and post measures used to monitor student's behavior showed improvements based on teachers' assessments.

A program in life-skills development at the Tuscaloosa Alternative Learning Center for the city of Tuscaloosa involved youth who were specifically recommended by the principal and counselor as having the greatest need for conflict resolution and anger management

programming. The Urban Extension Agent in Tuscaloosa County met with the students under the guidance of the school counselor. The program was considered a success when the students' behavior improved to the point where they could be removed from the alternative system and returned back to the normal school system. Forty lessons were conducted with 110 youth with a 70% success rate.

The Dothan Chamber of Commerce supported an Extension youth entrepreneurship program where participating youth were required to submit a business plan and were not allowed to request additional funds to keep their businesses in operation. Beekeeping, bread making, web page design, lawn care services, babysitting, photography and computer hardware repair were some of the businesses associated with the program. The majority of the youth involved were successful in keeping their businesses operating while earning a profit. The Houston County Urban Extension Agent reported, "One young entrepreneur has started a beekeeping business in which he is selling honey, soaps, lotions, candles, and lip balm from his own bee hives. He also has plans to lease his hives to gardeners for pollination. He has taken a portion of the profits to increase his honeybee colonies. Another young man has created a web page design business that has been so successful that he has had to decline offers due to the excessive workload. His profits have been so high that he now has a rented office to conduct his work. Most of his clients are commercial accounts in the Dothan area."

The Oakville Community (birth place of Jesse Owens) was the site for the 2nd Annual Youth Fishing Rodeo in Lawrence County. The family oriented event represents a win-win situation for educators and participants. The event represents an innovative collaborative effort between a Lawrence County teacher and Extension to get high school students more involved in community service and aquaculture. With attendance of more than 1500 per year, the Extension staff has coordinated educational outreach efforts such as gun safety, snake education and taxidermy.

Creative and innovative thinking lead to Summer Fun-shops being organized in Lawrence County during the 2003 school vacation period to deter miss-use of free and idle time among school aged youth. The programs ranged in length from one day to one week and were strategically located across the county. Some were done in collaboration with local Boys and Girls Clubs. The fun-shops provided new educational experiences and wholesome fun to what might have otherwise been unsupervised and/or boring time for the youth involved. Programs were offered in environmental science, farmer safety, canoeing, football, soccer, cooking, sewing, swimming and tumbling based on recommendations from the 4-H County Council.

Thirty-one (31) teen leaders involved in the Prudential Youth Leadership Institute in Morgan County received training in goal setting, team building, decision-making and other leadership skills. Participants culminated their learning experiences with organized community service projects and a graduation ceremony. A "Senior Prom" targeting senior citizens and a "Parents and Children Together (P.A.C.T.) Picnic" were 2003 community services projects for the graduating classes. The goal is to help prepare youth 7th – 12th grade for leadership roles in their communities and to promote youth volunteerism.

The National Tree Trust provided funding to support a “growing and nurturing” program partnership between the Coosa Valley Youth Services and Extension in Calhoun County. The program addresses the need for additional urban forestry resources and provided opportunities for meaningful involvement of youth in community outreach. The Urban Extension Agent in Calhoun County reported “ in 2003, over 200 youth-at-risk residents of Coosa Valley Youth Services participated in the process of potting, growing, and maintaining 11,000 trees that were dispersed free of charge to communities willing to plant them in and around public buildings and parks, schools and right of ways. The youth involved in the program were exposed to life skills and a sense of responsibility, trade skills, and a sense of civic responsibility. As a result, forty-one communities planted over 5,000 trees attributing to environmental and aesthetical betterment of all of Alabama.”

Extension educators in Conecuh County created the Teen Leaders of Conecuh County (TLCC). The Goal was to get teens more involved in community projects, help them to learn about county and city government, develop decision-making and team building skills and improve self-esteem. The group conducts service activities each month and at least one community project each year. During 2003, the TLCC provided downtown decorations for the city of Evergreen at Christmas and visited with a local nursing home for caroling. Other activities include food drives and community clean-up projects. Through the program, participants have acquired practical life skills, physical and emotional health and maturity, leadership and personal development skills, to become positive and contributing citizens within their home, community, state and world.

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

More than 21,500 face-to-face and 112,644 non-face-to-face contacts were reported under the SMP for the 2003 program year.

Through programs and projects under this SMP (19), more than 7240 youth in five of Alabama’s central cities in metropolitan areas and one rural county received leadership and personal development experiences. Other youth were provided opportunities for related program involvement under related ETPs including ETP 19A (Forefronting Youth) and 19B (Tapping at Postsecondary Schools- Student Volunteerism).

While measuring the impact and results of programs related to attitudinal and behavioral change generally involves longitudinal assessments, pre and post measures and observations by Extension and school educators did show general improvements in youth participating in leadership and personal development programs in Houston, Madison Lawrence, Morgan, Calhoun and Conecuh Counties.

Four thousand, four hundred fifteen (4,415) youth participating in the Madison County Urban Youth Initiative showed improved attendance and higher test scores based on teachers’ feedback reports and twenty-five (25) teachers adopted the program as a part of their lesson plan.

Activities in Conecuh and Calhoun counties resulted in improved aesthetics for one of the states central cities and a small rural downtown area. The tree growing and nurturing

programs in Calhoun County resulted in 5,000 trees being planted promoting environmental and human benefits associated with trees.

Leadership development activities in Morgan County improved the leadership skills of 31 participating youth and Tuscaloosa County programs with special needs students and alternative schools helped to improve behaviors of participating youth as measured by students' return to the normal school system.

D. Fiscal and Human Resources

Twenty (20) Extension agents and specialists were signed up for this SMP. Reports were received from 7 County Extension Agents. Participants were signed up for 657 days, 486 days were reported.

The National Tree Trust provided 11,000 trees that were dispersed free of charge to communities willing to plant them in support of the Calhoun County "Growing and Nurturing Program." The Youth Entrepreneurship Program in Houston County received funding support from the Dothan Chamber of Commerce.

E. Program Visibility, Exposure and Future Plans:

Non-project specific programming under the Urban Youth Initiative (SMP 19) will remain as an option for urban and rural Extension educators through the 2004 program year. Agents involved in this SMP should have outlined goals, objectives, implementation activities, evaluations and reporting information, particularly for those involving 10 or more sign up days.

ETP 19A

By EDNA T. COLEMAN

A. Description:

As reported by the office of the U. S. Department of Health and Human Services- Administration for Children and Families division, crime, violence, poverty, and neighborhood disintegration often are cited as the top concerns of Americans today. As a result, there is a growing sense of desperation about our ability to address key problems and rebuild America's communities.

Additionally, recent statistics reflected in the 2003 Alabama Kids Count Data Book indicate a grim 6.8% retention rate for first grade students. A startling dropout rate for 9th-12th grade was reported at 3.7% and Madison County's actual rate was 3.4%. In an effort to address the serious issues adversely affecting today's youth, the Alabama Cooperative Extension System continues to be a viable conduit for providing educational programs and resources to improve the quality of life for urban and rural families.

Under the auspices of 4-H Youth Development, urban communities were targeted through various innovative programs in the areas of youth leadership and mentor training. These programs were designed to reconnect youth to the larger community by engaging them in creative community service projects and activities while building life skills and promoting positive and healthy development. Program managers continue to work untireless to provide the challenges, experiences, support, and help youth need to develop their fullest potential.

B. Actions and Activities Carried Out:

Ms. Kimberly Anderson from the J. W. FANNING INSTITUTE for Leadership, University of Georgia, conducted FY 2003 in-service training for youth serving agents across the State. Serving as a central university-based source of knowledge and information about leadership, the Fanning Institute services include: 1) identification of leadership trends and issues; 2) development of customized leadership programs; 3) creation and dissemination of leadership curricula and information; 4) teaching and training of leadership resources; and 5) evaluation in the effectiveness of leadership programs. The training provided information that would aid program managers in designing youth leadership programs. The Prudential Youth Leadership Training model was also used in the State of Alabama to conduct leadership programs and community service activities.

The Fame Mentor Project was used to provide training for the development of mentor groups for the Madison County District Six-Community Service Division, and the Alabama Cooperative Extension System-Service Learning Network (SLN) Students Promoting Action: Community Education (SPACE) program. The mentor project continues to serve as a catalyst and guide for the development of responsible mentoring programs. Mentor training has proven to be very effective in a wide range of mentoring settings. Responsible mentoring programs are defined as those which meet the needs of both the mentored participants and the volunteer mentors according to the National Mentoring Group convened by United Way of America and One to One.

Numerous community and state agencies, private organizations, and collaborative partners were engaged across the state to maximize the effectiveness of Extension's programming efforts and to ensure that in every community "no young person is left behind."

C. Results, Impact and Benefits To Direct clientele and to the Public:

As a result of intense youth leadership development training, several agents/programs managers serving youth audiences were able to involve hundreds of youth in statewide activities. Organized under various leadership models throughout the state, county agents were successful in leading youth to make invaluable contributions to their respective neighborhoods through community service projects. The Colbert County 4-H/Teen Leadership connections members assisted the Shoals Diversity Council in a citywide clean-up campaign in observance of World Environment Day. The Shoals Diversity Council is a group of leaders representing many of the ethnic groups who make up the Shoal's area population. The 4-H Teen Leadership Connection group also received outstanding recognition at the Annual Youth Leadership Conference at Alabama A&M University for their service project, "Relay for Life: Shoals Cancer Society." This group supported this event

through their preparation of luminaries and an organized youth fundraiser. The teens assisted with raising \$2,532.00 in donation for the Relay for Life: Shoal Cancer Society. Proceeds were directed to help cancer victims through research. Additional programs conducted under the Teen Leadership model included:

- A County-Wide Teen Weekend at the Mobile Civic Center in conjunction with the Mayor's Youth Leadership Team and the Urban 4-H Teen Leaders.
- The White Ribbon Campaign Youth Advisory Committee sponsored a Community Teen Pregnancy Prevention Workshop in the Jefferson County area engaging thousands of youth.
- The Calhoun County Leadership Group partnered with local youth serving agencies to sponsor the "All for the Children" program. The program was designed to educate inner city youth on the dangers of drug use; and to promote positive community involvement through youth leadership projects.

Leading the way under the guidance of the Prudential Youth Leadership Institute (PYLI) program model, the Morgan County youth agents lead a winter and summer session of the PYLI's community service activities. A diverse group of youth from across the City of Decatur and Morgan County were involved in developing a community service project highlighting issues of concern to local youth. The winter session group conducted their project around the issue of intergenerational communication. "Spring is in the Air...A Prom for Senior Citizens" was held in April at the Riverside Senior Living Center in Decatur. The summer session group focused on the issue of child abuse and neglect. Upon consulting with a local agency, Parents and Children Together (PACT), the group decided to reinvigorate a previously sponsored community program that had been abandoned due to financial constraints. Working with the caseworkers, "PACT Family Picnic" centered on the Hispanic community and their families. This collaborative project of PYLI and PACT was sponsored in celebration of the United Way Day of Caring.

Impact data from pre and post evaluations strongly indicate that participants' involvement in leadership programs enhances academic achievement, improves social development skills including critical thinking, decision making, goal setting, listening, moral reasoning, problem-solving, reading/comprehension, speaking, value clarification, and etiquette. The leadership training modules are prevention-based, experiential, interactive, and community oriented. Participants learn the value of cooperation and teamwork through a variety of educational and entertaining activities that reflect today's youth culture.

The county youth development and leadership program activities culminated in a statewide Youth Leadership Conference held on the campus of Alabama A&M University. The conference was sponsored with shared partnerships including the Huntsville-Madison County Chamber of Commerce and the Office of Madison County District Six. Approximately three hundred fifty (350) participants and volunteers were in attendance at this event. The conference provided opportunities for youth to showcase leadership skills acquired through involvement in various leadership and community service activities in their respective counties. The knowledge gained and the spirit of service and leadership were evidenced through the display of service projects that were researched, planned, and implemented by youth-lead teams.

Through the Mentoring project, Fostering Achievement Through Mentoring Education (FAME), Student Volunteers participating in SPACE, Students Promoting Action/Community Education received intensive mentoring training that was used at various community service sites. During FY 2003, SPACE partnered with the Alabama A&M Service Learning Network in an effort to unify the volunteer work of various academic entities at AAMU. As a result of this unified effort, more than five hundred thirty-eight (538) student volunteers (field experience, class requirement community-based work, and independent community service providers) attended a combined program orientation with mentor training and tutorial observation. The SSLN/SPACE program volunteers partnered with twenty five (25) agencies generating eight thousand (8,070) community service hours, reaching a total of thirty-two thousand, two hundred and eighty (32,280) citizens in Madison County. Impact data reveal that more than forty percent (40%) of the students receiving tutorial assistance under the SLN/SPACE volunteer/mentor program showed a significant improvement in learning by demonstrating better listening skills; changing behavioral patterns; improving reading comprehension/skills, and improving overall grade point averages by thirty percent (30%)-forty five percent (45%). Because of the enthusiasm of the mentors, participants' self-esteem was significantly improved, which resulted in better attitudes toward learning.

D. Fiscal and Human Resources

Fifteen (15) Extension agents and specialists were enrolled in this ETP accumulating a total of 25,580 contacts and expending 578 reported workdays. County Report data indicated that agents received substantial support through the partnerships and coalition established in their respective County areas. Program support included funding, transportation of youth to events and seminars, facility space, resource speakers, educational materials, and donation of numerous volunteer service hours. Solicited program stipends and in-kind support for county activities and the Youth Leadership conference totaled approximately \$12,000, which was partially used to defray the cost of the two-day event and to subsidize University housing expenses.

E. Program Visibility, Exposure and Future Plans

The urban youth development leadership program area will be expanded in 2004 to be included as an educational tract for the Annual 4-H State Congress. Plans have already begun through the development of a 4-H Showcase and Leadership Community Service Guide. The first combined statewide event is scheduled for July 12-14, 2004 and to be hosted on the campus of Alabama A&M University. It is anticipated that participation and enrollment should increase due to program unification and expansion.

Additionally, several marketing strategies have been employed in the area of youth development to showcase program accomplishments and educational opportunities, including videotapes and brochures. This program has been featured in Extension reports via five (5) county success stories in 2003 and forwarded to respective county agent's county commissioners.

ETP 19A. Success Story – TEENS SAVE LIVES

By CYNTHIA L. WHITTAKER

Six Jefferson County teens participated in a community service project to 1.increase radon awareness and home testing in urban communities, 2.increase their potential for service learning and leadership development.

Radon is the second leading cause of lung cancer deaths. Therefore, the teens stressed the possible adverse health effects of radon exposure to residents within their urban communities. They promoted radon testing, because testing is the ONLY way to know if a home has elevated radon levels. They exhibited their community service project at the 4-H Congress and Leadership Conference, held at Alabama A&M University, in July. As a result, over 300 people received increased knowledge about radon gas “the silent killer” through educational outreach, exhibits and home testing. Collaborative partners included:

- o Alabama Radon program__ contributed radon test kits and educational materials
- o 5 Points West Public Library__ contributed training room

Observed behavioral changes of the teens were as follows:

- o They became effective leaders by first learning to give back to their own communities
- o They developed a “CAN DO” attitude and experienced increased self-worth & self-esteem
- o They learned the effectiveness of teamwork and intergenerational outreach
- o They learned the advantages of goal-setting, time management and taking action

Community comments were as follows:

- o I never heard of radon before now
- o Thank you for teaching me about radon gas and how it can cause lung cancer
- o I will share this information with my family and friends

ETP 19B. TAPPING AT POST-SECONDARY/SECONDARY SCHOOLS

By MARY WILLIAMS HURT

A. Description:

According to 2003 Alabama Kids Count Data Book (2002 data), the State of Alabama retention rate for first grade students were 6.8% (397 students). Madison County had a 4.6% (163 students) retention rate. The State’s event (actual) drop out rate for 9th-12th grade was 3.7% (7,427 students) and Madison County actual event rate was 3.4% (423 students). The projected dropout rate for the 9th grade class was 14.1% and 8,498 (students) statewide, compared to 12.4% and 488 students in Madison County.

The juvenile violent-crime arrest rate (under age 18) for violent offenses (homicide, manslaughter, robbery or aggravated assault) per 1,000 (ages 10-17) for Madison County was 163.6% (53 juveniles). The Juvenile Violent Court Referral Crime rate for the State of Alabama was 638.1% (3,029 Juveniles).

To address the social problems of society, the Alabama Cooperative Extension System is

taking a proactive approach by utilizing the service of volunteers to conduct educational programs, provide tutorial and mentoring assistance and educational research based information.

B. Actions and Activities Carried Out:

Tapping at Post-Secondary Schools (TAPS) is an organized Community service outreach student volunteer program implemented at the post-secondary and secondary levels. During FY 2003, TAPS made a great impact on the lives of families, adults and children in the State of Alabama. The program was implemented in one four-year college, three two-year community colleges, one high school and one Juvenile Justice System, generating a total of 1,035 volunteers.

TAPS 2003 had a total of 69 collaborative partnerships with various community-based agencies through the implementation of the Alabama Cooperative Extension System (ACES) Service-Learning Network (SLN)/Students Promoting Action: Community Education (SPACE) program. At least 18 volunteer programs were implemented statewide generating 15 site managers, 71 volunteer leaders, 27,529 volunteer hours and a grand total of 41,752 customer contacts.

In Madison County, ACES formed a 1997 collaborative "Statement of Understanding" with six administrative academic schools at Alabama A&M University to form a Service-Learning Network. The purpose of the Service-Learning Network was to unify the volunteer efforts of the various entities at Alabama A&M University. Also the District 6 County Commissioner and the Alabama A&M University Community Resource Development (CDC) office, provided manpower training hours and one VISTA volunteer worker to enhance the implementation process. As a result of this unified effort, more than 538 student volunteers (field experience, class requirements community-based work study and independent community service providers) attended a two-hour orientation and training session. The SLN program is under the auspices of the Alabama Cooperative Extension SPACE program.

The Alabama Cooperative Extension System has been a collaborative partnership with the Madison County Juvenile Court System PHOENIX Program since its inception in 1992. PHOENIX is a ten weeks (three cycle per year) mandatory juvenile attendance program where first time offenders get an opportunity for a "second chance by successfully completing the program without re-offending. If no re-offenses occur, the Juvenile records are wiped clean which gives them a second chance. Parents of the Juvenile are also required attending a parenting class, which is taught by a team of professional trainers. PHOENIX meets weekly (once per week) from 6:30 p.m. – 8:30 p.m. in the Judge's courtroom. The chief probation officer, Ms. Charlotte Camper, Neaves/Davis Detention Center for Children, facilitates the program.

The SPACE program was facilitated at Bishop State College (Mobile County), Talladega College (Talladega County), University of North Alabama UNA, (Lauderdale County), Alabama A&M University (Madison County), Ramsay High School (Jefferson County) and the Madison County Juvenile Court System. SPACE is a volunteer driven program proven to be successful through impact data evaluation information from school systems, agencies,

community-based, youth development programs, and the student volunteers.

C. Results, Impacts and Benefits To Direct clientele and to the Public:

According to impact data evaluation instruments from 15 site managers, 71 volunteer leaders, 5 extension agents and the chief probation officer follow-up records, the Alabama Cooperative Extension System is making a difference and changing the lives of Alabama families, children, teens and adults.

As a result of the students, 907 volunteer community service hours in Madison County, at least 2,506 contacts were made to community-based organizations. SPACE was committed to working with tutorial school based agencies to improve the educational skills of students who attended four caution/alert labeled schools in North West Huntsville. Caution/Alert terms are used to describe schools that were performing below standards. The newest terminology is Watch. There were 9 educational entities, with 723 participants k-12, receiving tutorial and mentoring assistance. According to report cards 180 report cards improved 35%, 135 participants significantly improved by 45%, 155 students behavior changed from negative rebuttal attitudes to positive self-image and 65 students significantly improved their behavior by 50%. The Huntsville City School System reported that several of the schools classified Caution/Alert had changed due to the improvement of student's scores.

The SLN/SPACE trained 538 professional/student volunteers partnered with 25 agencies generating 8,070 community service hours reaching a total of 32, 280 citizens in Madison County. According to evaluation impact data forms, more than 40% of the students showed a significant improvement in learning by demonstrating better listening skills; changing behavioral patterns; improving reading comprehension/skills, and improving academic grade point averages by 30%-45%. Because of the enthusiasm of the mentors, the participants self-esteem were significantly boosted, which resulted in better attitudes toward learning in the classroom.

The Talladega County Extension Coordinator launched a successful SPACE community outreach program at Talladega College. Thirty five students were trained and mentored by eight volunteer leaders, two site managers, producing 1,090 volunteer hours and reaching 700 Talladega customers. As a result of this effort, participants grade point averages improved by 30% -65%, One Hundred (100) of the children showed a significant improvement in attitudes and overall behavior patterns.

A Lauderdale County Extension agent formed collaborative partnership with two agencies, (The American Cancer Society and UNA), One hundred and eight (108), Nursing students (3) site Managers, (50) volunteer leaders, generated a total of 1,050 community service hours and 5,190 customer contacts. As a result of this effort, 50 volunteer leaders worked with over 1,000 cancer survivors (relay for life) and their families to raise over \$250,000.00 to be used to conduct research and find a cure for cancer. Thirty-two UNA student volunteers and two instructors assisted training with 25,250 (K-3) students on proper hand washing technique to keep from spreading germs.

Mobile County Extension Agent recruited 86 volunteers (youth, teens, adults), three site managers and three volunteer leaders. The total number of volunteer hours conducted was 15,350, reaching a clientele of 750 citizens. Two partnerships were formed with Bishop State College (Students in Free Enterprise Team) and the Drug Education Council. As a result of these collaborative partnerships, the volunteer leaders assisted with the development and implementation of a skit for "Week without Violence" for over 300 students and adults. The volunteer leaders incorporated concepts in the play to deter violence in the home, workplace, and school. As a result of the play, techniques were presented on the ways the control and manage anger and how to walk away. The county extension agent and volunteers presented a display and presentation on "Energy Star" to Fair attendees.

Jefferson County Extension Agent formed a collaborative partnership with Ramsay High School Principal, counselors and teachers to develop and implement a volunteer fair for high school students. A total of 500 students and 50 volunteers leaders and teachers participated in planning and implementation. At least 35 non-profit agencies set up volunteer recruitment booths in an effort to greet and recruit student volunteers. As result of this effort 105 volunteers were placed with community-based agencies. Fifty (50) volunteers worked at the Children's Hospital reading stories, playing games, and conducting puppet show and telling stories. Thirty-five (35) volunteers performed volunteer service at MacWane Science Building providing service and assistance to scientific representatives. Twenty (20) volunteers served as tutors and mentors for two after school programs. According to the after school program representatives, 30% of the grade point average increased from grade C to B.

The PHOENIX program is a Madison County Juvenile Justice System successful program coordinated by the Chief Probation Officer, Ms. Charlotte Camper, Probation Officer, Ms. Evon Webster, the County Commissioner, District 6, Dr. Prince Preyer Jr., in Cooperation with the Madison County Alabama Cooperative Extension System Urban program. The PHOENIX program has proven to be successful for twelve (12) years in Madison County. The program leaders are making plans to introduce the concept statewide/ nationwide. The overall objectives of PHOENIX are to: 1) Assist first time offenders in their efforts to avoid further delinquency and/or risky behavior 2) Help Juveniles realize the importance of taking personal responsibility for one's life by accepting consequence of inappropriate behavior and 3) To promote Family Unity and cohesiveness by encouraging family-based activities. PHOENIX is a 10-weeks/three-cycle program, which meets weekly, in the Judge's courtroom from 6:30 p.m. to 8:30 p.m. (one night per week). The State Extension Specialist is a volunteer and team instructor for self-esteem development. According to the Chief Probation Officer Charlotte Camper and Probation Officer, Evon Webster, since the inception of the program in 1992-2001 court's records indicate 70% of the Juveniles do not return to court or have not been repeat offenders. For FY 2002, a total of 76 juveniles graduated from the 10 weeks (3 cycle per year). PHOENIX program. Only twenty-four (3.1%) juveniles re-offended and 52 (70%) did not re-offend. According to impact data evaluation, the participants felt that the PHOENIX program had made a difference in their lives. Ninety (90) of the parents felt they had learned new parenting skills and knew how to better deal with discipline problems. The PHOENIX publication is completed; however, a complete curriculum guide and 10-15 minute videotape need to be developed and completed. The publication is going through the system's process.

D. Fiscal and Human Resources:

According to reported days worked by Extension Team Project ETP19B, (TAPS), a total of seven (7) extension employees reported working on this project. Program Results, Impacts and Benefits direct to the clientele and to the public at an estimated value of 27,529 (community service) volunteer hours at \$ 7.00 per hour, which totals \$192,703.00.

E. Program Visibility, Exposure and Future Plans:

The Madison County Juvenile delinquent resource booklet is in the System's publication process. Because of added responsibilities, the Service-Learning Network specialist did not complete planned goals.

SMP 21. Futuring, Technological Advancements and the Digital Divide

By JANNIE CARTER

A. Description:

Extension's mission encompasses helping citizens who are at risk of exclusion due to the lack of information access, computer training and Internet awareness. Urban and nontraditional programs aimed at enhancing information access and retrieval offer resources and referrals for public access, technological delivery and a resource laboratory for state of the art best practices in communications.

In keeping with the vision of E-Extension to remove barriers to information access for many, resources such as Metro News, the WECAN4U job assistance network, the Programacion en Espanol web-site and the Urban Resource Center Inventory Catalog provide electronic links to Extension's research based information. These resources facilitate the delivery of urban and nontraditional programs to the larger community and help to address objectives aimed at identifying best practices in program design and delivery.

B. Actions and Activities Carried Out:

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

A state of the art communications laboratory housed at AAMU supports the Urban Affairs unit's efforts to deliver quality programs and resources across the state, nation and the world. The laboratory staff support, technicians and unit specialists help make available to the public on-going programs and activities such as:

- A Hispanic website (www.aces.edu/urban)
- Live satellite trainings
- Interactive video conferences
- Interactive in-service trainings
- An on-line resource directory
- Web-based publications

- A workforce education career assistance network (WECAN4-U)
- LifeSmarts (on-line consumer education programs partnership with the National Consumer League)
- Metro News

Hispanics are the fastest growing minority group in the US. Census data now puts the percentage of Hispanics in the country at about 12%. Extension educators in the Urban Affairs unit have continued to maintain and upgrade the unit's Spanish-only website. The Programacion en Espanol site has had over 114,000 visits, and represents one of the System's most frequently visited links. The user-friendly site services youth and adults offering a wide variety of research-based information to the state's growing Hispanic population. The site currently links to more than 1, 200 research based Spanish publications from a variety of professional and educational sources including links to consulates and embassies for Spanish speaking countries in Central and South America, and the Caribbean. Extension educators presented a workshop on the web site at the National Urban Extension Conference held in Chicago, IL in May of 2003. This conference is one of the largest gatherings of Extension and urban professionals in the country.

Metro News, an on-line quarterly newsletter written in English and Spanish, is in its second year as a publication. The bilingual newsletter can be accessed by the 3000 plus reviewers directly from the System's website at www.aces.edu/urban.metronews. Metro News is available in html or as a PDF file. There is an online subscriber list, and the hardcopy version is distributed to many Extension administrators and other constituents.

The Urban Resource Center Inventory Catalog is available through the System's WebPages. It was designed to provide easily accessible on-line resources to educators for implementing programs to targeted urban audiences. Through technological delivery, the resource facilitates communication and collaborations among Extension professionals.

The System's WECAN4U website has had over 5700 accesses. Designed through a multi-state agreement between Alabama and West Virginia, the site provides 24-hour access to employment information and personal money management strategies. Citizens have saved thousands of dollars in travel expenses alone through this on-line, one-stop job shop tool. The WECAN4U website received national recognition at the Association of Extension Administrators meeting held in Atlanta, GA in June of 2003. Web-site partners for the program that developed as a multi-state agreement with West Virginia State College received AEA's 2003 "Innovative National Program Award."

More information about technology based programs such as LifeSmarts and WECAN4U can be found under specific Extension Team project reports, ETP 30A and 33A.

D. Fiscal and Human Resources:

Seven specialists and agents signed up for 64 days under this State Major Program (SMP). At years end, 39 days were reported. No input was received for this report from county agents.

E. Program Visibility, Exposure and Future Plans:

As sources of funding for Extension programs diminish, shift to more directed spending and evolve from grants and other sponsorships, we must pursue program delivery modes that correspond with clientele needs, state of the art technology and available resources. With Extension's focus on the use of technology and the whole E-Extension "movement", it is only logical that we engage program methodologies that are in-keeping with Extension's new directions. SMP 21, Futuring, Technological Advancements and the Digital Divide will remain a focus of the Urban unit for 2004. The unit is currently designing a new website to support 21st century needs of children, youth and families.

ETP 21A. Youth Explorations in Science & Technology

By JOHN A. COOK

DESCRIPTION

Rod Paige, the U.S. Secretary of Education stated, "Technological literacy is a new fundamental for our education system. All of us must develop this literacy to make wise decisions in our roles as citizens and in our personal lives. America needs inventors, engineers, doctors, computer designers, and scientists. We need botanists, veterinarians, chemists, astronomers, and naturalists. But in order to pursue these careers, our children need an excellent grounding in science, and right now our system is not delivering it." In Alabama, with expanding industry needs the need is critical as well.

According to the Alabama Kids Count 1997 & 1998 Data Books, the number of students in the state that graduate on time declined, from 71.6% in 1987 to 63.1% in 1995 and 60.8% in 1997. Further, the number of college graduates reported in the 1997 Alabama County Data Book is less than 16% of the general population. Thirty-five counties in the state of Alabama have less than 10% of the general population with college degrees. This data indicates a clear need to find ways to encourage young people in Alabama to better prepare for a meaningful and rewarding career. As our society becomes more and more science and technology oriented, there is a need to motivate our youth to consider technical areas of study and to develop a better understanding of what the 21st century workplace will be like. Through creative and fun learning experiences, students will become more excited about and interested in science, math and technology.

Many in Alabama realize a need to develop new and innovative learning opportunities to engage them in science, technology, and engineering in exciting and positive settings. The Alabama 4-H program is in a position to engage young people throughout the state. The program is more than 100 years old and caters to a broad cross section of youth including rural and disadvantaged counties. Much of the focus has been in areas such as agriculture and projects such as public speaking, food demonstrations, woodworking, electric demonstrations, photography, plant and soil science, compact tractor operations, and raising animals. Alabama 4-H program is well established and well respected for its contributions to the community by the citizens of Alabama. 4-H reaches more than 100,000

students in various programs such as classroom based clubs, camps, nutrition education, and school enrichment programs. Extension staffs are located throughout the state to work with youth in and through 4-H. Many students come from rural communities where their educational opportunities are limited. Many of the adult leaders themselves may not have attended college. The exposure of students to information technologies and “hands-on” learning is limited, given the paucity of resources in the rural school districts of Alabama. The expenditure per pupil in rural schools is considerably less when compared to city schools and more urban areas. Approximately 150 schools in the state, largely in rural areas, were in “alert” or “caution” status compared to the 1,122 schools that were “clear” during 2000 (State of Alabama, 2000). Clearly, there is a need for innovative and engaging learning experiences to enhance learning in Alabama.

In order to help young people in Alabama become better prepared for a future that is inevitably highly technological and complex in the 21st century workplace, 4-H provides innovative and engaging learning experiences in science and technology. Many youth have limited opportunities for exposure to the sciences and technologies of today’s society beyond the classroom. Practical, hands-on experiences for these youth can be offered through 4-H. The underserved youth in Alabama are of primary concern. In summary, these areas are important to planning of Science & Technology Education programs in 4-H:

- Innovative and engaging learning experiences
- Limited opportunities for exposure beyond the classroom
- Practical, hands-on experiences
- Underserved youth

ACTIONS & ACTIVITIES CARRIED OUT

The target population for Alabama 4-H in the science & technology area includes the general population, youth, volunteers, community leaders and officials, and other youth serving agencies. This report includes work reported under SMP29 and ETP29C, as they are common to the ETP21A title of Youth Explorations in Science & Technology. Combined work days reported for the three areas were approximately 943 workdays by 43 individual extension staff devoted to programs in the Science & Technology Literacy area. Programs presented in 2004 varied throughout the state examples of which are summarized below:

Space Camp Programs. A long-standing partnership with the U.S. Space & Rocket Center in Huntsville attracts several hundred young people and their leaders from throughout Alabama and several other states. Three programs are offered at different participant fee levels; AstroTrek 1-night, AstroTrek 2-night, and Pathfinder. Examples of county involvement are described below:

Marshall County 4-H Astrotrek Program

By Amy Payne Burgess from Marshall County for SMP29

The Marshall County 4-H Club attended the AstroTrek program sponsored by the U.S. Space and Rocket Center in Huntsville, Alabama, in summer 2004. The purpose of the program was two-fold. First, it provided 4-H'ers in grades 4-8 an opportunity to participate in

a three day, two night educational adventure that allowed students to explore the world's largest interactive space education classroom. It also provided a hands-on aerospace adventure that guided students through a total space experience. Secondly, the program offered junior 4-H'ers a chance to go on an "over night" trip, an aspect of 4-H that had earlier been indicated as a component to keep younger 4-H'ers excited about 4-H. During the three day program the 4-H'ers participated in flight simulations, the Aviation Challenge, museum scavenger hunts, the Pathfinder program, real astronaut training, G-Force simulations, Space Shot simulations, Rocket Reaction, hot air balloon construction, and Space Station simulations. They also got a chance to learn about early rocket history and to view two IMAX movies. The program was only open to 4-H'ers in the 4th-8th grades. Forty-five students from across Marshall County along with one volunteer and two ACES staff members participated in the 2004 program. The AstroTrek program resulted in 4-H'ers learning about our nation's space program and also caused the young people to come home more excited about science and mathematics. By the end of the experience, several youth were considering careers in these fields of study.

Forty-four youth ages 9 to 14 gained a better understanding of the NASA space program and the importance of science and mathematics in today's world. Participants gained a greater interest in science and mathematics, a greater appreciation of the sacrifices of the space program, and a larger understanding of technology.

Morgan County 4-H Astrotrek Program
By Betty Gottler from Morgan County for SMP29

Morgan County had 44 youth in grades 4 through 7 participate in the aerospace program at the U.S. Space & Rocket Center in 2004. Youth completed project work in order to qualify to attend the Morgan County AstroTrek sessions on July 16-18, 2004 at the U.S. Space & Rocket Center. Youth learned about space age technology as it relates to everyday life on the planet. Methods included lecture, hands-on experience and games to teach history and knowledge of the space program in the USA and throughout the world. Participants gained in their curiosity about space and the space industry, utilized scientific methods in the hands-on experiences, gained an appreciation for diversity, and improved their understanding of technology.

Electric Energy Demonstrations. Alabama Power Company is a sponsor of a competitive program in electrical energy at the district and state levels. Local events are held in which attract a few hundred participants with as many as 100 participants participating at district and state levels. A single state level winner participates in the National 4-H Engineering, Science and Leadership Event at Purdue University in Indiana.

Other Competitive Events included activities at county, district and state levels in bicycle safety, lawn tractor operation, automotive safety, and tractor operation and safety.

New Programming. Additional work was begun in 2004 in the area of space agriculture and included a collaboration with the U.S. Space & Rocket Center in Huntsville, Alabama. The collaboration resulted in grants for NASA's Kennedy Space Center and the Advanced Life Support program area to establish an educational program on space agriculture for

Alabama and the region. A total of \$65,000 was secured to help establish the Space Agriculture Education and Training Center at the U.S. Space & Rocket Center. The program includes development of a new track for Space Camp participants on space agriculture, geospatial technology in agriculture and robotics. A training program for educators is to be developed as well. Further, a major amount of floor space in the main museum of the U.S.S.R.C. will be devoted to exhibiting the science and technology of the space program as it relates to growing food in space, using GPS and GIS technology in agriculture and resource management, and robotics in agriculture. The work began in late 2004 for implementation during late summer 2005.

An additional NASA grant was obtained in December 2004 to help develop ways for NASA Education and 4-H work together on a national scope.

PURPOSE:

Young people of today will enter a 21st Century workplace that requires a significant understanding of and appreciation for the sciences, math and technology. It is essential that students develop a basic understanding of the body of knowledge (sciences) and how that knowledge can be applied (technology).

FUNDING SOURCES:

County programs were supported through local sponsors and user fees from participants. Other sponsors and grant sources included Alabama Power Foundation and grants from NASA.

COOPERATING INSTITUTIONS/ORGANIZATIONS:

Numerous organizations cooperate at the local and state level to conduct the programs described including the U.S. Space & Rocket Center, Alabama Power Company, local resource people in a variety of areas,

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SMP 30. Urban Family Network

By JANNIE CARTER

A. Description

Statistics present a complex definition of Alabama's families for the 21st century. Unlike the traditional concept of two parents and 2.5 children, today's family exists in a variety of forms. In fact, nontraditional families are currently more the norm. Across the nation, some 30-60% of youth in urban school districts live with caregivers that are not their biological parents. In Alabama, single parents head 29% of families with children. And, new forms of nontraditional families continue to evolve as social service agencies and kinship groups seek to ensure supportive and nurturing environments for parents and "displaced" children. Single-parent families are perhaps the most recognized form of the nontraditional family. But, nontraditional families may be single parents, foster parents, multiracial, grandparents raising grandchildren, and same-sex parents. Blended families created through divorce and remarriage are also on the rise.

The Urban Family Network (SMP 30) offers a comprehensive program and an annual Family Conference to advance families economically, socially and physically in the 21st century. Establishing partnerships, networks and support groups to strengthen the resiliency of families in urban communities are primary objectives under this State Major Program (SMP).

B. Actions and Activities Carried Out

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

Nearly two million non-face-to-face contacts were reported under SMP 30. Seven thousand five hundred and seventy three (7,573) face to face contacts were reported using the System's on-line reporting process.

Habitat for Humanity partnered with Urban Extension Agents in Anniston Alabama to provided educational training for Habitat clients. Habitat for Humanity has built thousands of homes for limited resource families and during the Jimmy Carter Work Project that was started in June of 2003; thirty six (36) houses were constructed in the Anniston area. Prior to moving into their new homes, recipients were required to attend and complete home management focused classes provided through Extension. This Extension training was a part of other Habitat for Humanities eligibility requirements for home recipients. The 36 families were provided training on financial management, meal planning and comparison-shopping. There was a 100% successful completion rate for families involved.

Youth in Mobile County were prepared for a full year of growth and development with a "Jump Start" program that was implemented in Mobile County at a local community center. The youth were led in sessions on improving reading and study skills, staying physically fit, healthy relationships, respecting authority, and staying drug free. One hundred and fifty two (152) students and twenty-three (23) parents and adult leaders attended the event. The

event was designed to give students and parents tips on going back to school with a positive attitude about their studies, themselves and their health. One leader as “a good way to begin the school year helping students to be responsible and aware of ways to take care of themselves physically and emotionally” evaluated the program. A significant outcome of the program for youth and community leaders was enhanced awareness of the need for daily physical activity. As a result of the program, a weekly exercise class was developed and is ongoing at the center to encourage continued focus on physical health within the community.

Statistics indicate longer lives for the senior population of Alabama. With these extended years comes health, legal and financial security concerns for seniors. To address these growing concerns, the Urban Affairs and New Nontraditional Programs unit has established a partnership with the Alabama Bureau of Geriatric Psychiatry to provide outreach opportunities to underserved and hard to reach seniors. The initiative supports a mutually beneficial agenda to better serve the aging population with legal, health and financial information through collaboration.

In Jefferson County, Urban Extension Agents organized a Successful Aging Summit to educate local senior citizens, caregivers, clergy and professionals on dementia, legal, health and financial issues of aging. The summit was held at the Birmingham Botanical Gardens with over 350 participants. Another 17,000 received non-face-to-face training through radio programs. Major partners included the Alabama Bureau of Geriatric Psychiatry, Alabama Department of Senior Services, ACES Urban Center, and the Successful Aging Initiative Program Leader. Contributions included \$5,000 in monetary donations from local sponsors, and over \$10,000 of in-kind services from professional speakers, partners and supporters. Immediate impacts are relevant in dollars saved based on provided services and referrals. Donations of home safety kits (by the Jefferson County Fire Department) for improved health and safety of seniors is estimated at \$8,000.

Dr. Powell, Director of the Alabama Bureau of Geriatric Psychiatry, served as the keynote speaker for both the Jefferson County Successful Aging Summit and the summit that was held in Madison County in partnership with the faith based community, and the TARCOG-Area on Aging. More than 300 seniors were in attendance at the event held at Union Chapel Church in Huntsville. The summits have all had a similar program agenda with training sessions, informational exhibits and health screenings. On-site screenings and referrals by local health care agencies were valued at an estimated \$29,000. Approximately 25% of the attendees not having wills have indicated that they intend to get one.

One collaborating (financial management) agency with the Madison County Successful Aging Summit shared the following success story.

“Thank you so much for allowing me to be part of the Successful Aging Initiative. I enjoyed the morning speaker and met so many nice people. I heard many of the seniors attending say that this was the best thing they had been to. Last week I did meet with a widow who has two mortgages on her house and credit card debt. She is so excited because she will be able to eliminate her mortgage payments and have \$700 more in her checking account each month. She was at the point of not knowing what to do. We found out that the financial

company holding her 2nd mortgage was charging her 29% interest! So, it was wonderful to know she has the opportunity to save her home and get her finances straightened out. I thought you might be interested.”

Partnering with the Jackson County Council on Aging and TARCOG-Area Agency on Aging, the Jackson County Extension Office also conducted a Senior Expo under the Successful Aging Initiative. Ninety seniors from across the county participated in the program. Speakers’ topics ranged from dementia to elder law. Booths were also provided containing educational materials. And, free health screenings were provided by health related agencies.

Long term impacts will be more apparent in follow-up data designed to assess variables such as the number of participants who followed through with developing wills, the number of clients who changed their eating behavior for healthier choices, the number who engage in a daily exercise routine, etc. based on observations of study groups and follow-up surveys.

D. Fiscal and Human Resources

The Successful Aging Initiative has continued to grow as a viable program in urban communities. The program coordinator (and legal consultant for the initiative) continues to build contacts with targeted senior citizens across the state. Expectations are to maintain the partnerships, particularly the one established with the State Bureau of Geriatrics to ensure the inclusion of a health and dementia component for seniors.

E. Program Visibility, Exposure and Future Plans

Fourteen specialists and agents were signed up for this SMP at the initial sign up period for a total of 338 hours. Two hundred and seventy three days were reported at years end with four agents providing input to this report. The Successful Aging Initiative received donations and in-kind contributions estimated at \$25,000 for Huntsville and Mobile senior summits/expos.

SMP 30. Urban Family Network: Success Story – Oh Drama

By AMANDA C. OUTLAW

In an effort to bring serious topics to the attention of young college students a spin off of the popular television series Oh Drama was presented on April 5, 2004. Oh Drama is an effort to open dialogue between an audience and panelist comprised of peers and adults. SPACES student volunteers on the University of South Alabama campus reenacted Oh Drama. SPACES volunteers are students promoting action in the community and are involved in mentoring, and volunteer projects. Pivotal questions were asked by the panelist of six young ladies and two young men that involved issues surrounding domestic violence on college campus's or in the news. Open dialogue is crucial in an effort to help decrease

the number of rapes, attempted rapes, date rapes and domestic violence issues on college campuses and in the community, as stated by one of the panelist Angel Gray. The attendance at the event was encouraging (sixty students) and showed that the issues brought forth are concerns of many students. Some of the questions that were expressed by the audience were; is it still safe to date? When do you know that both parties on a date are on the same page when the issue of getting really close comes up? Developing healthy relationships by having open honest discussions with each other is crucial to knowing what is expected in any relationship, stated one of the panelist from the counseling center. At the conclusion of the event cell phones were collected for a local women and children's shelter in the area so that they can be refurbished for their use.

ETP 30A

By MARILYN S. JOHNSON

A. Description of Problem

In Alabama in 2000, 989,799 families had their own children living with them. Single mothers, those classified as female householders with no husband present, totaled 247,227, or 25 percent of the state's families with children. Birmingham had the most single moms, with 24,204. Huntsville's total 9,469, was fourth highest in the state. Among counties, Jefferson had the most single moms, with 42,494.

Many of these single moms are recipients of welfare services; suffer numerous forms of family breakdown and disproportionately make-up the poverty ranks across the state.

Recent statistics indicate that over 75% of welfare recipients have been victims of domestic violence. One in three Alabama children live in poverty – the second highest rate in the USA. Over 20% of Alabama's population is poor compared to 14% of the overall U.S.A. population. Yet, much of the poverty is concentrated in about a quarter of the counties in the state, with these counties having the highest unemployment rates. Low-income youth are at high risk for developmental problems, including academic underachievement, juvenile delinquency, withdrawal, apathy, aggression, depression, and more. While most research studies point to at-risk families and youth social and economic development, urban Extension can expand the focus of intervention with innovative and creative service delivery approaches to this population.

Given the weight of human needs and social problems in Alabama's hardscrabble counties, innovative and nontraditional programming to enhance the quality of life for families is essential. The physical environment has a rich tapestry of resources that can be utilized as a component of innovative Extension outreach. What effect do physical environments have on psychological well-being, family life, and health outcomes? Can Alabama forestry resources be tapped to develop family-centered community initiatives with a targeted emphasis on parks, nature trails, wildlife habitats, and forestry assets? Can these type programs impact the overall quality of life of the Urban Extension audience?

The challenge is whether family disintegration issues, such as domestic violence, can be mitigated in the ten urban centers with a concerted effort to incorporate “people-plant” interventions through a demonstration project in a small township in Madison County, Alabama. No demonstration projects exist on the “people-plant” link in Alabama, while well-documented evidence attests to the extent and scope of domestic violence and other family dysfunctional behaviors. Funding from the Alabama Forestry Association of a \$75,000 demonstration grant to build community capacity in a resource-limited, at-risk community through urban forestry applications. This work was designed to be an innovative and nontraditional approach to domestic violence prevention and a supplement to the work of county agents with their domestic violence prevention councils.

Progressively, more grandparents and other relatives are being required to act as parents. The phenomenon of grandparents and other relatives raising children is nothing new. However, the number of children being raised by grandparents and other relatives has increased dramatically over the past 25 years.

According to 2000 US Census data, six million (8.4%) of all children under the age of 18 are living in grandparent or other relative-maintained households in the United States. The Census data further illustrates that nearly 5.8 million grandparents are living in households with one or more of their own grandchildren under the age of 18. More than 2.4 million of these grandparents are primarily responsible for meeting the basic needs of these children. A closer look at the Census data for Alabama’s major cities revealed that 1,524 (52%) of the 2,922 grandparents who live in the household with one or more grandchildren under the age 18 serve as the primary caregiver; in Birmingham 4,764 (56%) serve as the primary parent, in Mobile, 2,825 (49%) serve as the primary parent and Montgomery 2,235 (53%) serve as the primary parent.

In Alabama, more than 113,000 (10.1%) children are living with a grandparent or relative who serves as their primary parent. Although the percentage of children in Alabama living in grandparent or relative-maintained households is only slightly higher than the national percentage, a closer look at Alabama counties reveal astounding percentages. For example, in Madison County 7.2% of all children are living with grandparents or relatives; this percentage is lower than the US (8.4%) and the state of Alabama (10.1%), whereas, examples of West Alabama counties present an alarmingly high percentage, such as, Lowndes County (19%) and Wilcox County (17.3%).

While grandparents and relatives serving as the primary parent is not a new phenomenon, it is a rapidly growing trend that transcends all socioeconomic groups, geographic areas, and ethnicities. The major contributing factors to this growing trend are: drugs and alcohol abuse, teen pregnancy, divorce, abandonment, incarceration, AIDS and death. Regardless of the circumstances that led to grandparents and relatives new role, they share the common goal of wanting to provide a stable, nurturing environment for the children. These dedicated caregivers often take on their new roles at tremendous personal sacrifice. Relatives face a variety of legal, social, financial, and emotional or physical health problems in their efforts to parent a grandchild or young relative. The Alabama Cooperative Extension

System Urban Affairs and New Nontraditional Programs Unit is prepared to address the needs of relative caregivers through the Relatives As Parents Program (RAPP).

According to the Alabama Department of Public Health Center for Health Statistics, 45,052 marriages occurred in Alabama during 2001, of these marriages, more than 24,000 ended in divorce. Of the divorcing couples, 11,438 couples were parenting minor children. Less than half of America's children can expect to live continuously with their biological parents throughout their childhood, primarily because their parents are divorced or never married. Although social scientist may interpret the conclusions differently, virtually all research studies and literature reviews will express agreement that divorce results in a variety of negative outcomes for children and adults. Additionally, literature and research on divorce tells us that a major challenge for divorced couples with minor children is co-parenting after divorce. As a result, there is a need for courses, workshops, educational sessions, and seminars for children and adults, designed to help them cope with this often-painful family transition.

Today more than 80% of the United States population lives in large metropolitan areas. The greatest socioeconomic challenges facing our nation will be in these growing metropolitan areas. This challenge is not going unnoticed the Urban Affairs and New Nontraditional Programs Unit continues to make a difference in consumer education and family resource management in the metropolitan areas.

Research indicated, individuals and families need information in the following six areas as set priorities relative to personal finance. (1) Investing (general), (2) Retirement planning/plans, (3) Credit use/debt reduction, (4) Budgeting/managing money, (5) Saving money, (6) Specific investment products, (Barbara O'Neill, Barbara Bristow, and Patricia Brennan Journal of Family and Consumer Sciences: From Research to Practice Volume 91 Issue 4, Resource Issue, 1999 p.45.) Individuals and Families also have some preferred delivery methods in which to receive financial information. When asked how do you prefer to receive financial information? The most preferred program delivery method was the newsletter, followed by classes/seminars, fact sheets, and one-on-one counseling (Personal Finance Education: Preferred Delivery Methods and Program Topics, Barbara O'Neill, Jing Xiao, Barbara Bristow, Patricia Brennan, and Claudia Kerbel)

Further research by the JumpStart Coalition for Personal Financial Literacy showed many young American adults have displayed difficulty understanding basic financial ideas. These findings from a survey of high school senior conducted by JumpStart concluded high school students leave school lacking the basic financial knowledge to become successful adults money managers.

“Congress finds that although the evolution of our financial system has offered families in the United States many new opportunities to build wealth and security, the ready availability of credit, an overwhelming array of investment and savings options, and the shifting of responsibility for retirement savings from employer to employee has made the understanding of personal finance ever more important.”

Building upon research in personal finance, the 108TH Congress of the United States (2003) has drafted a bill to establish the Financial Literacy Commission. The purpose of the Commission is to serve to improve the financial literacy of persons in the United States by overseeing, implementing and reporting upon the effects of the performance of the duties of the Commission set forth in Section 102.

Financial literacy in this bill means basic personal income and household money management and planning skills, including:

Saving and investing

Building wealth

Managing spending credit, and debt effectively

Tax and estate planning

The ability to ascertain fair and favorable credit terms and avoid abusive, predatory, or deceptive credit offers

The ability to understand, evaluate and compare financial products, services and opportunities and

All other related skills

The Urban Affairs and New Nontraditional Programs Unit's programmatic thrusts are in synchronization with the Federal initiatives relating to personal finance. Through our programs, we are striving to teach urban audiences the basic financial skills they will need to become better managers of their money, and have them display the knowledge gained by practicing basic financial skills.

B. Actions and Activities Carried Out:

A collaborative arrangement begun in 2002 has continued in 2003 with Auburn University's School of Forestry and Wildlife Sciences and Alabama A&M University, along with Calhoun Community College an additional partner. Three elementary schools in North Alabama-Johnson in Limestone County, West Mastin Lake in Huntsville, and Summerville Road in Decatur-agreed to allow all of their 5th grade students to participate in a tree education program through Calhoun Community College, the subcontractor. The theme of the multi-county program, "Trees Are Our Friends," involved the installation of a mini-arboretum, tree education classes for four weeks and an Arbor Day celebration at each school. Each school devoted an exit class to the link between trees, their arboretum and the value of trees to character, values and performance in all aspects of life. A ribbon cutting for the arboretum took place as part of the celebration. The overall purpose of this activity was to focus the youth attention on various tree-plant-people interactions that might have a positive impact on their school performance, behavior and identity formation. This activity is supported by research from the Human-Environment Research Laboratory, University of Illinois at Urbana-Champaign.

The Madison African-American Group (MAAG) celebrated their first annual Arbor Day celebration on October 4, 2003 with over 125 residents, city officials, and other invited guests in attendance at Stewart Street Park in Madison, Alabama. This community resource development (CRD) event was the culmination of over 500 man-hours of volunteer work from community volunteers and MAAG advisory board members committed to the

revitalization of the historic Pension Row neighborhood in Madison. Prior to association with Extension, MAAG did not know about the resources available through the national arbor foundation, including the value of having a neighborhood arbor celebration as a means of promoting community pride and team spirit. Extension assumed a key role in all aspects of strategic planning, program design, idea development and project implementation.

Domestic violence prevention training was delivered to all the cosmetology classes at the Huntsville Center for Technology. Over 95 students seeking a cosmetology career learned the importance of their participation in the campaign to end domestic violence in Alabama. Information was provided through a custom-designed Extension video, with related training materials. Additionally, 25 members of the Zeta Phi Beta Sorority chapter in Tuskegee, AL participated in a domestic violence prevention training.

A collaborative agreement was developed with the Heritage Studies Program at Arkansas State University to provide a doctoral student to develop a media community resource development project with Madison African American Alliance Group (MAAG) on behalf of the Pension Row community. A media kit, grant possibilities, and a heritage improvement plan were provided to the organization at the end of the student's independent study course. Urban Extension took responsibility for the development and oversight of this initiative.

Five Years of Excellent Programming...Annual Urban Family Conference

1999 – The State of Urban Families in the New Millennium
Keynote Speaker: Ms. Naomi Haines Griffith on “Strengthening Families in the New Millennium”

2000 – Making Family Connections
Keynote Speaker: Ms. P. K. Beville on “making Family Connections Through Senior Lifestyles”

2001 – Unlocking & Sharing Resources for Urban Families
Keynote Speaker: Dr. Romando James on “Your Roots Control your Fruits”

2002 – Strengthening Family Relations: Models for Change
Keynote Speaker: Dr. H. Wallace Goddard on “We, the Family...”

2003 – Strengthening Family-Centered Communities
Keynote Speaker: Dr. Lonnie Edwards, Sr. on “Reaching Beyond Boundaries”

Impressive Anniversary Conference and Family Expo

According to Dr. Virginia Caples, Provost, Academic Vice President & 1890 Administrator, Alabama A&M University the 5th Annual Family Conference “denotes five years of dialogue sharing on how to better serve nontraditional families through Extension programming with the help of local, state, and national partnerships.” The action to carry out our commitment to enhance client delivery services through professional development training is further

crystallized with the following comments from the Provost:

We have designed a comprehensive program format for your education ...complete with ...a family expo as well as pre-post conference events. It (conference) represents our commitment to build upon previous accomplishments...and to seek new programmatic initiatives in a service delivery climate with limited resources. For Extension, it is essential to demonstrate a keen understanding of the challenges in the lives of families and individuals, and to provide them with the tools or resources they need to bring about self-empowerment and change.

The annual urban family conference is an Extension medium to address issues affecting families, children, and individuals residing in Alabama. The family conference combines the voices of communities and professionals in a number of fields with an interest in families and children.

The major activity to accomplish the overall goal of the family conference was the selection of three dynamic speakers. These speakers provided a holistic framework for the conceptualization of how family-centered communities can strengthen family development.

Dr. Lonnie Edwards, Sr. keynote speaker, presented on the topic, "Reaching Beyond Boundaries," based on his extensive experience as an educator, at-risk youth foundation organizer, workshop presenter and national motivation speaker. His book, *A Teacher's Touch: Reaching Beyond Boundaries* is well read within the southeast region. Currently, he continues his work with youth as the assistant superintendent for the DeKalb County School System.

Mr. Resmaa Menakem, director of holistic programs for the Tubman Family Alliance in Minneapolis, MN, highlighted his life work with families and individuals facing complex and difficult life circumstances, including youth, the elderly and both male and female victims of domestic violence. He spoke on the topic, "Holistic Programming: An Ethical Approach to Family Development."

Dr. Galo Torres, southeast regional migrant health and dental consultant with the Human Resources & Services Administration in Atlanta, spoke on the topic, "Accessing Dental Health for Resource Limited Audiences."

Dr. Virginia Caples, Provost and Vice President for Academic Affairs, delivered an address entitled, "New Directions for Family-Centered Communities."

2003 Family Conference Expo

The goal of the Expo, a new concept encompassing more than simply "exhibits," is to expand registrants' participation ...with resources, ideas, and hands-on-experiences that

participants can take back to their respective communities. This portion of the Conference has grown over the years, and for the fifth anniversary year, there were over 43 family development agency representatives and community-wide exhibitors. This was a 14% increase in participation from 2002.

Pre-Post Conference Events

Dr. David Malebranche, internist and clinical instructor of medicine, Emory University School of Medicine, Atlanta, GA and a recognized expert on HIV/AIDS in the African-American community delivered a pre-conference lecture on "HIV/AIDS & Women."

"Dementia & Successful Aging" was led at a post-conference lecture by Prof. Joanne McLinn, School of Social Work, and Alabama A&M University.

Anniversary Celebration and Highlights

Pre-conference nontraditional entertainment by "The Whistling Baritone," Mr. Dan Gilliland; a book signing by Dr. Edwards; and exhibition with commentary of one of the famous Gee's Bend quilts, The Nine Patch Quilt, with Mrs. Mary Lee Bendolph.

Using the play, "A Matter of Choice: Ethics in the Workplace," the Bank Street Players of Decatur, AL fulfilled the motto of Plays for Living, Inc. of "opening minds to new solutions" through the dramatization of ethical issues associated with change in the workplace and individual integrity.

Reports from the following counties highlight end-of-year performance by county agents working under ETP 30A:

Jefferson County – County Agent Cynthia Whittaker offered continuing education units (CEUs) to licensed social workers attending the Successful Aging Summit 2003 in November through arrangements with ETP 30A.

Mobile County – Elizabeth Phillips, county agent, reported the following:

stress and time management programming was presented to families entering the Family Village, a homeless shelter program for women and their children. Referrals to the shelter come from the Department of Human Resources, Penelope House, Home of Grace, the Salvation Army and other agencies. The women entering the shelter find themselves homeless for a variety of reasons. Some may have left violent home situations. Others may be recovering drug or alcohol addicts. Many of the women have multiple issues rather than just one challenge to overcome. Stress and Time Management workshops are presented. Delivery of content includes a brief presentation, activities, and exercises. The two-year program at the Family Village is designed to improve women's life skills and to develop independence. Some of the women are counseled to begin a training program, or a college degree or diploma program. Others may enter the workplace immediately to begin the

process of establishing a job record, credit, learning to manage a household, and parenting effectively.

Planned and implemented programs with the Civitan Club of Mobile and 26 member agencies of the Alliance Against Abuse. Planning and implementing began in January as the President-Elect for the annual abuse conference. Coordinated with a five-member conference planning committee with members from MARC, the Civitan Club, and the University of South Alabama Knollwood Hospital. Developed educational program content and theme: Preventing Abuse. Led the chair of the of the committee to contact speakers, panelists and solicited biographical material for CEU conference credits. Enhanced and enlarged database of Mobile and Baldwin County professionals for mass mailing of program registration material. Advised committee on the receipt and monitoring of incoming registration and forwarded registration material to volunteer at USA Knollwood Hospital for CEU credit preparation. Advised chairperson on agency vendors to staff educational and informational booths at the conference.

Candlelight Vigil-Memorial Park, April 7, 2003: Planned, implemented, publicized and evaluated a full program for the Alliance Against Abuse. Coordinated committee volunteers and handled site logistics. Media coverage included newspaper and a television station. Attendants included several dozen Boys and Girls Club children, agency representatives and community representatives.

Planned and participated in all other Alliance Against Abuse activities including: A finale at the Hank Aaron Stadium, poster contest, celebration breakfast, and tree planting.

Domestic Violence Conference-President, of the Mobile Domestic Violence Task Force. Planning and the implementation of the conference plan spanned the Fall 02, 2002, and Winter, Spring and Summer of 2003-for the August, 2003 event. The event was scheduled for August 21, 2003 at the Mobile Convention Center and sponsored by the Mobile Domestic Violence Task Force (50+organizations with over 100 individual members from an agency coalition of law enforcement representatives, judicial and political professionals, human and health services practitioners and domestic violence clinical interventionists).

Planning and the implementation of the plan for an August 2003 Gulf Coast Regional Conference began in the Fall of 2002 with the Task Force Conference Planning Committee. The target audience was to include professionals who work with domestic violence cases in law enforcement, health care, education, women & family shelters, the legal field, in counseling and social work, and other areas. Planning and implementing included site arrangement meetings, selecting educational content and theme, speaker research, speaker and panelist contact, scheduling and confirmation, brochure development, budgeting, CEU delegation, mass mailing and distribution of conference materials and many other functions. The 2003 event was bolstered by some \$13,000 in grant money from District Attorney John Tyson's office and with the support from Dick Cashdollar (Mayor Dow's Office) who helped secure the convention center at no cost, lowering the monetary risk of planning the conference. As suggested by the D.A.'s office, the South Alabama Regional Planning Commission administered the grant, and conference financial matters and expenditures.

Mobile Domestic Violence Task Force Presentations-As President, and programmer for all quarterly meetings including the November 14, 2003 meeting at Government Plaza 7th Floor District Attorney's Conference Room, I arranged the following: speakers: Angelo Trimble of the Alabama Coalition of Domestic violence and Lt. Steve Searcy, of the Montgomery Police Department Investigative Unit on Domestic Violence who both presented to the task force on the topic of: Fatality Review Boards. Some 30 individuals attended the presentation. The local Mobile task force will now determine if a review policy should be adopted locally and a core committee formed to provide a community coordinated response to review local fatalities as an inter-agency, inter-organizational team. Community coalitions across the country are adopting similar models to better coordinate community services and interventions to prevent future domestic violence deaths. After two terms as President of the Domestic Violence Task Force, the November 2003 meeting ended my team and local Chief of Police, Sam Cochran will succeed me as President.

County Agent Amanda Outlaw reported the following for ETP 30A:

Target audience:

- All organized youth groups
- Youth who are not a part of a formal organization
- Community leaders
- Parents
- Schools (public and private)

Activity Used:

1. Youth Walking to Make a Difference-National Youth Violence Prevention Month activity. Two-mile walk students carrying banners and signs on violence prevention to Renaissance Park. Purpose to bring the message of violence prevention to a high crime area Toulminville Community and Prichard, Alabama. Teen leaders performed skits on what to do in a dating situation when conflicts arise due to jealousy. Displays were used depicting how not to be a teen victim. Words of encouragement from Community partners: clergy, city council and clergy.
2. Week without Violence Poster contest-YWCA Week without Violence. Twelve community partners scheduled an event for the week. The Mobile County Urban Center sponsored a poster contest along with the Mobile County School System. All students were encouraged to submit a poster depicting ways to be non-violent at home, school and the community. Posters were judged and displayed at the fair. Winners were part of the County Agents and Friends radio show.

Talladega County's Wanda Jurriaans reported – The Share My World program used with "Boot Camp" facility with 17 young males, ages 17-23 years.

The Alabama Cooperative Extension System Urban Affairs and New Nontraditional Programs Unit serves as the lead agency in collaboration with Alabama Association of Retired Persons (AARP), the Alabama Department of Human Resources (DHR)-Kinship Care Program, and the Alabama Department of Senior Service-Alabama Cares Program. An inter-system "Task Force" of state agencies was organized under the umbrella of the Alabama Relatives As Parents Program (RAPP) to create and/or expand services to

grandparents and other relatives who have taken on the responsibility of surrogate parenting. The goals of the Alabama RAPP Coalition are to: provide technical assistance for establishing and facilitating support groups, conduct informational sessions, and identify community resources for grandparents and other relatives parenting children. Support groups have been established across the state. Local support groups established their goals to meet the needs of grandparents and relatives in the local area by organizing support groups and or conducting community information meetings.

A brochure was developed in 2002 and updated in 2003 to describe the Alabama RAPP and to create awareness of the program. Awareness of the programs prevents grandparents and relatives from GOING IT ALONE; they can seek support through educational seminars and/or support groups. Brochures and information about the program have been distributed through mediums of exhibits, workshops, and news articles.

The Alabama Relatives As Parents Program (RAPP) was an active component of ETP30A during 2003. The Annual Family Conference, sponsored by the Alabama Cooperative Extension System in October presented an opportunity to contact approximately 160 professionals who work with families from around the state. For Alabama RAPP, these contacts were made through an exhibit that was manned during all open sessions for exhibits and the Expo that ran in conjunction with the conference. Attendees learned about issues facing relatives as parents in the state of Alabama, they learned about Alabama RAPP and how they can benefit by becoming involved with RAPP. At the exhibit participants completed a short survey; the survey information is being used to create a database of professionals in the state who are working with grandparents and relatives who are serving as the primary parent as well as a database of grandparents.

In May, September, and November RAPP was a highly visible aspect of the Alabama Successful Aging Initiative that is also sponsored by the Alabama Cooperative Extension System, through in-service training sessions, and the Successful Aging Summit. Successful Aging Initiative Summits were held in Birmingham and Huntsville, two of the largest metropolitan areas in the state. Approximately 625 seniors and professionals attended the summits. Presentations on RAPP were presented at concurrent sessions at the summits. The Alabama RAPP exhibit was displayed as well. As an additional segment of the Birmingham Summit, Dr. Wilma J. Ruffin was the featured guest on a one-hour call in radio talk show. She gave information about the status of Alabama families in kinship care, research based information on kinship care and legislation that affects Alabama families and answered questions from the callers. The listening audience for the show is 17,000.

Additional activities during the year included numerous presentations across the state.

Alabama AARP, one of the partners in our inter-system task force, is providing the leadership for regional conferences on Grand Parenting. The task force decided during a state task force/steering committee meeting early in 2003 to focus on regional conferences because of state budget cuts. The original idea was to conduct one state meeting during 2003. Consequently, regional conferences emerged as an alternative. Possible state sites were identified and conferences were planned. Two conferences were conducted during

2003 (June and October) that reached over 250 seniors and professionals. The conference is designed for professionals working with Alabama families—specifically grandparents raising grandchildren. The day-long conference addresses the unique issues these “new” families face and provides a forum for professional to exchange ideas and form partnerships. The conferences target professionals who interact with grandparents and grandparent caregivers; agency, organizations and church affiliates interested in the issues faced by grandparent and relative caregivers; grandparents 50+ raising grandchildren or adults raising other kin; and the general public who would like to learn more about the issues facing grandparents and relatives today and how they might help. The regional conferences will continue in other regions of the state during 2004.

Alabama RAPP presentations were made across the state with a variety of audiences through Cooperative Extension sponsored events as well as events sponsored by other agencies. Information was disseminated through a statewide Urban Affairs and New Nontraditional Programs Unit combined in-service training where agents received information about the program procedures for receiving technical support for implementing the program. As a result, agents frequently programmed around these issues. County Agent Mary Andrews reported five meetings for grand parents with an attendance of 990 and 2 meeting for grandparents raising grandchildren with an attendance of 188. These meetings were special “Grandparent Day” celebrations. County Agent, Cynthia Whitaker provided leadership for the Birmingham Successful Aging Summit, which resulted in many follow-up calls to her, and Janice Harper about issues grandparents and relatives face while serving as caregivers for children.

Local support groups conducted a myriad of activities with 98 families during the year. For example, support group meetings may focus on helping children with homework or learning to make scrapbooks with grandchildren to provide treasured memories of family events or even an attorney as guest speaker to discuss legal issues, as reported by county agent, Dr. Carol Reid. Florence City Schools RAPP support group facilitators Rena Roy and Sandra Butler reported on a very timely meeting they planned for their group. “World Events” was the title of the session with active military personnel speaking to the grandparents; they provided information to them on coping with the stress (for themselves and the grandchildren) of their children and relatives being actively involved in the war.

County Agent, Mary Malone, hosted an information meeting in Decatur, Alabama where grandparents and professionals received information about RAPP as well as information on legal issues from Attorney Kevin Crenshaw. The Madison County RAPP held its second Holiday Luncheon on December 15th at Romano’s Macaroni Grill in Huntsville, Alabama. The grandparents and relatives raising children were treated to lunch and dessert, as well as door prizes. The Florence City Schools RAPP hosted a Holiday Luncheon on December 5, for their program participants.

Collaborative efforts with State Representative Laura Hall during the year resulted in an examination of a legislative bill, she sponsored on Relative Foster Care. This work is continuous, after research and review recommendations were made to Representative Hall.

LifeSmarts

- LifeSmarts On-line, and In-person State competitions, test the consumer knowledge of teens in grades 9-12 about personal finance, health and safety, the environment, technology, and consumer rights and responsibilities. LifeSmarts continues to increase the consumer knowledge of teens. The Alabama LifeSmarts winning team came from Morgan County. Urban Extension Agent Mary Malone identified the volunteer coach and encouraged her to become a LifeSmarts coach. Austin High School's LifeSmarts team from Decatur represented Alabama in Orlando, FL at the National LifeSmarts competition.

Resource Management

- Urban Extension County Agent Mary Malone, in Morgan County, reported that by using various financial planning methods she has been successful in getting at least twenty low-income families in Morgan County to show improvements in personal finance behaviors.

- Agent Malone was not able to find out if electronic fund transfer accounts were being used and if so, whether there was an increase in their use.

- Agent Janice Harper of Jefferson County presented two family budgeting workshops to Jefferson County Community for Economic Opportunity Headstart parents and family court offenders. Additionally, she presented money management workshops to Ensley High School young mothers. Agent Cynthia Whittaker also of Jefferson County provided family resource management materials to participants of the Successful Aging Summit.

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

Over 100 students, staff and teachers participated in various aspects of the Calhoun Community College program. High school volunteers from a local technology high school assisted in the development of the arboretum at the schools.

Prior to Extension's participation the Stewart Street Park was not usable because of the extent of disrepair; with Extension's participation Stewart Street Park is 100% usable by community residents. Additionally, the CRD efforts of Extension has enabled Madison African American Group (MAAG) to:

- seek statewide grant solicitations,
- advocate before the Madison Bikes and Trails advisory committee for sidewalks and biking trails into Pension Row,
- enhance their support from the Alabama Historical Commission based on their 2003 Places in Peril designation and
- seek consultation from AAMU's Department of Urban and Regional Planning.

In the area of community revitalization and improvement, MAAG has experienced a 50% increase in collaborations initiated with key stakeholders in their revitalization efforts and 100% increased the number of residents living in Pension Row involved in various aspects of their community improvement work.

Both cosmetology teachers at the Huntsville Center for Technology expressed a 100% satisfaction level with the level of training and indicated student perceptions of their link to the domestic violence chain had significantly increased.

Impact:

1. Two hundred students and fifteen adult leaders attended the Youth Walking to make a difference event. According to parents, youth and community partners the event brought to the community the problem of youth violence. Youth organization leaders from the Boy Scouts and Boys and Girls Clubs are now partnering with Extension on ways to keep students involved in helping to alleviate the problem of crime among their peers in the community. The Boys Scouts that participated want to repeat the event every year to keep the problem in the minds of the community.

2. Sixty-posters were submitted for the contest. Teachers stated that this was an activity that they used in their social science and art classes and it helped increase creative thinking. Each student had to state their reason for the artwork and what activities they could engage in to avoid violence at home, school and the community. The students from Williamson High School SECME team who won first place would like to put the posters in a calendar format to distribute to all students for the New Year.

Presented continuous workshop throughout 2003 for new resident groups at the facility. Dates include January 31, June 20, August 7, and November 14. Group size: approximately 5-6 females. Evaluations indicate that the content delivered adds knowledge and skill that the women report they will use in their daily lives as new habits form new behaviors.

Twenty-five individuals registered for the seminar. Evaluations were favorable and the impact was positive. The conference goals of high community visibility, quality educational content, and inclusive participation from the political, judicial, law enforcement, and social services community in Mobile were met. Pre-conference radio and television news spots helped promote the event.

In total over 200 participants engaged in the various activities of the 5th Annual Family Conference during the month of October 2003. These events and activities had been the culmination of over eight months of planning and design strategies with the entire Urban Unit serving on at least one of thirteen sub-committees. While the data presented to demonstrate impact and benefit does not represent all attendees; it does represent all those who submitted an evaluation form. The following program evaluation summary for the October 15, 2003 conference shows a 4.5 composite satisfaction score on a 5-point scale.

Specifically, the following data provides detailed feedback on the extent of impact and benefit to the audience for the 2003 family conference. Components (5-pt. Scale):

A Matter of choice: Ethics in the workplace The Play - 4.4
Holistic Programming for Family Development, 4.3
Accessing Dental Health for Resources Limited Audiences 4.1
Reaching Beyond Boundaries 4.8
New Extension Directions for Family-Centered Communities 4.5
Family Expo 4.6

Impact Data 2002 Conference

Family in Crisis (Play) 4.1

Financial Management 4.1

Grandparents parenting Grandchildren 4.5

Strengthening Family Relationship a Model for Change 4.6

New Directions for Models of Change 4.6

The establishment of a statewide coalition that serves as an inter-system “Task Force” of state agencies that focus on issues and concerns of grandparents and relatives parenting children has impacted the lives of many adults and children in Alabama. As the research indicates, there is a great need for emotional and social networks in conjunction with the need for financial and legal services. Although research on grandparents and relatives as parents is sparse, it is well noted that grandparents and relatives face many emotional difficulties. Grandparents who are raising their grandchildren often express significantly lower feelings of life satisfaction when compared to non-care-giving grandparents. These findings dictate the need for emotional and social support networks to assist grandparents and relatives with navigating through the process successfully. Grandparents often report many additional obstacles, however researchers concluded that the three main areas of concern for grandparents parenting grandchildren are:

- Loss of the expected and preferred grandparent role;
- Uncertainty about the permanence of the childcare arrangements;
- The relationship with the son or daughter who is unable to fulfill the parenting role.

As indicated by research, there is a great need for emotional and social support networks. The goals of the Alabama RAPP Coalition, to provide technical assistance for establishing and facilitating support groups, conducting informational sessions, and identifying community resources for grandparents and other relatives parenting children were met and benefited clientele and the general public. Support groups were established across the state. Surveys conducted through group contact, exhibits, community and educational meetings revealed that grandparents and relatives who responded to the surveys indicated serving as a surrogate parent for one to seven children with an age range of four years to 18 years. The number of children in one person or couple’s care denoted a need for immediate direct services for adults and children. Resources were identified for families through the Department of Human Resources (DHR) Kinship Care Program and through the local support groups. One local support group submitted a proposal and was awarded an incentive grant from Alabama Relatives As Parents Program (RAPP). A portion of the grant along with local sponsorship was used to help defray the cost of respite opportunities for grandparents and relatives before the Christmas holidays and to support local activities. Approximately 40 grandparents and relatives participated in respite type holiday functions along with an additional 12 representatives from partnering agencies. The facilitators of the local groups received testimonials from grandparents and relatives regarding the social and emotional benefits of their involvement in the holiday activities.

Grandparents and children benefit greatly from involvement with RAPP. Grandparents have reported a greater understanding for helping children with homework, they have learned money management skills, and how to recognize disabilities their children may have, and more importantly where to find the help they need to resolve these and other problems. Two facilitators/coordinators who are school counselors in the Florence City Schools, Mrs. Rena Roy and Mrs. Sandra Butler, reported they have observed a remarkable increase in school

involvement by the grandparents in their support group. After participating in several field trips they provided for the grandparents, the grandparents are more confident and have reported revisiting the sites with their grandchildren. Other outcomes reported by county agents are the direct benefits grandparents reported receiving.

- Financial resources and support (gift cards & Christmas gifts).
- Current child development and parenting information that helps them to provide a healthy environment for their grandchildren.
- How to screen and select entertainment for this new generation of children.
- How to recognize the different needs and personalities of the children.
- The importance of and how to prepare for their grandchildren's future.

LifeSmarts

No data is available for 2000. However, data from all participating teams represented in the State competitions for 2001-2002 indicate on average the LifeSmarts teams' consumers' knowledge increased. One team's knowledge based increased 2.5 %; another team's knowledge based increased 12.5 % between 2001-2002. Data reveal the individual teams, members' consumer knowledge increased also. Data supports team members knowledge gained, increased from minus 2% to 14% with 11% being the median knowledge increase per individual. LifeSmarts data for the year 2003 indicated six coaches registered, three coaches had teams. Twenty-six students participated in the on-line competition. Seven students from the on-line competition qualified for in-person competition. The average team score was forty. Additional data for the 2003 LifeSmarts team will be reported in 2004. Most of the team members for 2003 will compete again in 2004. These results show LifeSmarts' awareness is increasing.

Evaluations from the 2003 In-person Competition suggested: most of the participants were female, age ranges were 15 and 16, and the grade levels were 10th -12th. Survey results showed all team members felt more competent about their understanding of consumer education since participating in LifeSmarts. All participants stated LifeSmarts is teaching important information about personal finance and consumer rights and responsibility matters. Since teens have been participating in LifeSmarts data reveal, 41% did not know it was best to pay more than the minimum payment on credit cards until they began participating in LifeSmarts. Eighty-three percent are beginning to compare prices before buying, and 83% have begun to track their money to see where it is going. When compare with other teens their ages, 42% of these LifeSmarts teens believe they know more about managing their money since participating in LifeSmarts than teens who have not participated in LifeSmarts, and 33% think they know about the same as most students in managing their money. Forty-one percent said they were doing a better job of managing money since participating in LifeSmarts. Seventy-five percent said they were more disciplined in their spending decisions. Participants stated LifeSmarts offered a great learning experience.

These teens will no longer be among the teens that research alluded to that will not have the personal financial skills they need to support themselves when they leave high school. Clearly research shows; teens in Alabama have improved their marketplace skills through participating in LifeSmarts.

Urban Extension County Agent Mary Malone, in Morgan County, reported by using various methods of financial planning she has been successful in getting at least twenty low-income families in Morgan County to show improvements in personal finance behaviors. Such behavior demonstrates the setting of long and short-term financial goals. These families reportedly, now understand the difference between needs and want. Agent Malone can measure this behavior change through their verbal behavior. These families did not have any investment products, nor was there evidence of any retirement planning. She has evidence to suggest that credit is being used wisely. Although there is no evidence that they reduced the use of credit within the last year. Agent Malone was not able to detect if these families have ever requested a credit report. There was no indication that these families have reduced their debt load, due to time constraints and the ability to offer follow up classes. Four percent of these families had a budget or spending plan. Agent Malone observed that 2% of these families used financial records for decision-making, though they did not include their children in the financial decision-making. Twenty-five percent of these families have a way of tracking money they spend. They are keeping records of how they are spending their money. Agent Malone did not experience problems with these families keeping their appointments. Most of these families fulfilled their record keeping responsibilities at the end of the month. According to Agent Malone, they planned well. While some families used, financial institutions, most of them tended to pay their bills using cash. Most of these families do not have a Will, but the few that have Wills stated they needed updating and will have the updating done. Agent Malone was not able to determine whether these families had made sound decisions about insurance, or had gone through a bankruptcy. These families had some understanding of income taxes. There is evidence of more family involvement in discussing money matters. Eighteen percent of these families may be having open discussions about money, whereas 15% of the families are not having family discussions about money. The families that are discussing money matters have these discussions once per month. Twenty percent of the families are saving regularly and do it by following a saving plan. Reportedly, these families have increased their savings within the last year. Nevertheless, these families indicated they do not have a savings account and execute on a cash only basis. One can only deduce they are saving by using methods other than financial institutions. Going further, these families did not save for emergencies, and indicated they did not believe they could “afford” to save.

In conclusion, urban families are practicing basic financial planning skills, i.e., setting short and long term goals, and budgeting. They use a budget or another type of spending plan to guide them in managing their money. These families did not include their children in the household discussion about money. They have no investments, alternately; they are saving money but are not using financial institutions in the process. Most of them are, what they call “unbanked”, or “cash” consumers. Their financial affairs are handled using cash. They also do not understand the relationship of saving overall and saving for emergencies. They believe they cannot afford to save for emergencies. Cooperative Extension should strive to educate these individuals about saving and investing. The risk involved in not using financial institutions and using much cash, as compared with the advantages of using financial institutions, and not using much cash. They also need to be educated about how goals, budgeting and saving yield financial success. Clearly, it is demonstrated here that they do not understand the connections made by money in their financial lives. Therefore, they do

not understand how to make financial planning work for them. These are some areas and issues where Cooperative Extension should strive to provide more educational programs to teach limited resource families.

All of the financial indicators disclosed these families were using some of the skills at the basic financial planning level. These indicators revealed that financial literacy education through the Urban Affairs and New Nontraditional Programs Unit is reaching urban clients and improving the financial well being of families. Conversely, these financial indicators brought to light other areas in personal finance that the Urban Unit of The Alabama Cooperative Extension System should address.

Reportedly, none of these families indicated they had encountered fraud, or had been victims of financial exploitation.

Articles:

Two articles were submitted to the Journal of Consumer Affairs

1. Employers Perspectives on Identified Social Factors as Predictors to Workforce Entry
2. Identity Theft

D. Fiscal and Human Resources

The estimated value of the Heritage Studies independent study project is in excess of \$5,000 (2 site visits from Arkansas State University, PhD student, community volunteer man hours and consultations/materials from PhD student).

Over \$10,000 in internal support, fees, and in-kind donations were generated for the conference and related events. Based on an average meeting of one group every two months (4 over the cycle of the conference planning), an estimated 25 Extension staff (program brochure) met in the Dawson Building for planning meetings of 1 1/2 hours per session for fifth annual conference.

The Alabama RAPP received a big surprise in December—Annhauser Busch donated \$4,000.00 to the Alabama RAPP through Alabama AARP, one of our state partners, for use by grandparents and relatives raising children. Ruth Rambo, Associate Director of Alabama AARP contacted us with the exciting news just before the Christmas holiday. Each grandparent or relative (98) involved in programs throughout the state received a \$32 Wal-Mart or Sam's Supercenter gift certificate for each child in their care. The grandparents and relatives who participate in RAPP support groups across the state were elated. Funds are still being expended from our original \$10,000.00 seed grant.

In total over 1,23,561 received face-to-face and non-face-to-face contacts by through ETP 30A.

Again this year, the Madison County local group sponsored a Christmas Angel tree for two families. A singles group at a local church provided Christmas gifts for a family of five

children; the gifts were valued at \$1200.00.

The in-kind and monetary resources donated to LifeSmarts for 2003 is valued at \$2000.00.

E. Program Visibility, Exposure and Future Plans:

We have produced two exhibits that tell the story of Alabama families and one that series of exhibits that focus on environmental design influence of community well-being. These exhibits showcase Relatives As Parents Program (RAPP) and the value of "People-Plant" projects with at-risk families. The exhibits were featured at the statewide Annual Family Conference, Huntsville City School System, Town of Triana, and AAMU State ACES office. The "People-Plant" project was featured in the ACES Action Newsletter and the AAMU Campus Intercom.

T V Channel 19 News in Huntsville featured the Madison County RAPP in a news story. Gail Ballyntine, news anchor and writer, taped footage at a local support group meeting where she met some of the grand parents and received their permission to come to their homes to conduct in-depth interviews. Dr. Ruffin, Family & Human Development Specialist and state director of RAPP was featured in the series, as she was presenting the workshop for the local group in November. Alison Couch, Data Analyst and State Coordinator of RAPP was interviewed for the news story and discussed Alabama RAPP, its goals and successes in the Madison county area and across the state. The feature aired a full day in different segments of the news. The RAPP exhibit continues to show case the work being done with relatives and grandparent caregivers and the children in their care. The continuation of RAPP presents a bright future for children and families in Alabama.

A network of state agencies, with Cooperative Extension serving as the lead agency, serves as an intersystem "Task Force" that supports RAPP. The state agencies are AARP Alabama, Alabama Department of Human Services, and the Alabama Department of Senior Services.

An Alabama web site supports LifeSmarts on-line competition.

Our goal is to continue to market LifeSmarts in the future. We envision LifeSmarts becoming the statewide leading consumer education program for teens in grades 9-12. We hope that Lifesmarts attract more teams in 2004 than it captivated it 2003.

Our future plans are to continue this ETP until 2005 and to meet or exceed our initial 5-year goal. We will be making some changes to the ETP in 2004 based on the feedback that we have received from the county agents that responded to our request for suggestions for improvements.

ETP 30A

By WILMA J. RUFFIN

A. Description of Problem

In Alabama in 2000, 989,799 families had their own children living with them. Single mothers, those classified as female householders with no husband present, totaled 247,227, or 25 percent of the state's families with children. Birmingham had the most single moms, with 24,204. Huntsville's total 9,469, was fourth highest in the state. Among counties, Jefferson had the most single moms, with 42,494.

Many of these single moms are recipients of welfare services; suffer numerous forms of family breakdown and disproportionately make-up the poverty ranks across the state.

Recent statistics indicate that over 75% of welfare recipients have been victims of domestic violence. One in three Alabama children live in poverty – the second highest rate in the USA. Over 20% of Alabama's population is poor compared to 14% of the overall U.S.A. population. Yet, much of the poverty is concentrated in about a quarter of the counties in the state, with these counties having the highest unemployment rates. Low-income youth are at high risk for developmental problems, including academic underachievement, juvenile delinquency, withdrawal, apathy, aggression, depression, and more. While most research studies point to at-risk families and youth social and economic development, urban Extension can expand the focus of intervention with innovative and creative service delivery approaches to this population.

Given the weight of human needs and social problems in Alabama's hardscrabble counties, innovative and nontraditional programming to enhance the quality of life for families is essential. The physical environment has a rich tapestry of resources that can be utilized as a component of innovative Extension outreach. What effect do physical environments have on psychological well-being, family life, and health outcomes? Can Alabama forestry resources be tapped to develop family-centered community initiatives with a targeted emphasis on parks, nature trails, wildlife habitats, and forestry assets? Can these type programs impact the overall quality of life of the Urban Extension audience?

The challenge is whether family disintegration issues, such as domestic violence, can be mitigated in the ten urban centers with a concerted effort to incorporate "people-plant" interventions through a demonstration project in a small township in Madison County, Alabama. No demonstration projects exist on the "people-plant" link in Alabama, while well-documented evidence attests to the extent and scope of domestic violence and other family dysfunctional behaviors. Funding from the Alabama Forestry Association of a \$75,000 demonstration grant to build community capacity in a resource-limited, at-risk community through urban forestry applications. This work was designed to be an innovative and nontraditional approach to domestic violence prevention and a supplement top the work of county agents with their domestic violence prevention councils.

Progressively, more grandparents and other relatives are being required to act as parents. The phenomenon of grandparents and other relatives raising children is nothing new. However, the number of children being raised by grandparents and other relatives has

increased dramatically over the past 25 years.

According to 2000 US Census data, six million (8.4%) of all children under the age of 18 are living in grandparent or other relative-maintained households in the United States. The Census data further illustrates that nearly 5.8 million grandparents are living in households with one or more of their own grandchildren under the age of 18. More than 2.4 million of these grandparents are primarily responsible for meeting the basic needs of these children. A closer look at the Census data for Alabama's major cities revealed that 1,524 (52%) of the 2,922 grandparents who live in the household with one or more grandchildren under the age 18 serve as the primary caregiver; in Birmingham 4,764 (56%) serve as the primary parent, in Mobile, 2,825 (49%) serve as the primary parent and Montgomery 2,235 (53%) serve as the primary parent.

In Alabama, more than 113,000 (10.1%) children are living with a grandparent or relative who serves as their primary parent. Although the percentage of children in Alabama living in grandparent or relative-maintained households is only slightly higher than the national percentage, a closer look at Alabama counties reveal astounding percentages. For example, in Madison County 7.2% of all children are living with grandparents or relatives; this percentage is lower than the US (8.4%) and the state of Alabama (10.1%), whereas, examples of West Alabama counties present an alarmingly high percentage, such as, Lowndes County (19%) and Wilcox County (17.3%).

While grandparents and relatives serving as the primary parent is not a new phenomenon, it is a rapidly growing trend that transcends all socioeconomic groups, geographic areas, and ethnicities. The major contributing factors to this growing trend are: drugs and alcohol abuse, teen pregnancy, divorce, abandonment, incarceration, AIDS and death. Regardless of the circumstances that led to grandparents and relatives new role, they share the common goal of wanting to provide a stable, nurturing environment for the children. These dedicated caregivers often take on their new roles at tremendous personal sacrifice. Relatives face a variety of legal, social, financial, and emotional or physical health problems in their efforts to parent a grandchild or young relative. The Alabama Cooperative Extension System Urban Affairs and New Nontraditional Programs Unit is prepared to address the needs of relative caregivers through the Relatives As Parents Program (RAPP).

According to the Alabama Department of Public Health Center for Health Statistics, 45,052 marriages occurred in Alabama during 2001, of these marriages, more than 24,000 ended in divorce. Of the divorcing couples, 11,438 couples were parenting minor children. Less than half of America's children can expect to live continuously with their biological parents throughout their childhood, primarily because their parents are divorced or never married. Although social scientist may interpret the conclusions differently, virtually all research studies and literature reviews will express agreement that divorce results in a variety of negative outcomes for children and adults. Additionally, literature and research on divorce tells us that a major challenge for divorced couples with minor children is co-parenting after divorce. As a result, there is a need for courses, workshops, educational sessions, and seminars for children and adults, designed to help them cope with this often-painful family transition.

Today more than 80% of the United States population lives in large metropolitan areas. The greatest socioeconomic challenges facing our nation will be in these growing metropolitan areas. This challenge is not going unnoticed the Urban Affairs and New Nontraditional Programs Unit continues to make a difference in consumer education and family resource management in the metropolitan areas.

Research indicated, individuals and families need information in the following six areas as set priorities relative to personal finance. (1) Investing (general), (2) Retirement planning/plans, (3) Credit use/debt reduction, (4) Budgeting/managing money, (5) Saving money, (6) Specific investment products, (Barbara O'Neill, Barbara Bristow, and Patricia Brennan Journal of Family and Consumer Sciences: From Research to Practice Volume 91 Issue 4, Resource Issue, 1999 p.45.) Individuals and Families also have some preferred delivery methods in which to receive financial information. When asked how do you prefer to receive financial information? The most preferred program delivery method was the newsletter, followed by classes/seminars, fact sheets, and one-on-one counseling (Personal Finance Education: Preferred Delivery Methods and Program Topics, Barbara O'Neill, Jing Xiao, Barbara Bristow, Patricia Brennan, and Claudia Kerbel)

Further research by the JumpStart Coalition for Personal Financial Literacy showed many young American adults have displayed difficulty understanding basic financial ideas. These findings from a survey of high school senior conducted by JumpStart concluded high school students leave school lacking the basic financial knowledge to become successful adults money managers.

“Congress finds that although the evolution of our financial system has offered families in the United States many new opportunities to build wealth and security, the ready availability of credit, an overwhelming array of investment and savings options, and the shifting of responsibility for retirement savings from employer to employee has made the understanding of personal finance ever more important.”

Building upon research in personal finance, the 108TH Congress of the United States (2003) has drafted a bill to establish the Financial Literacy Commission. The purpose of the Commission is to serve to improve the financial literacy of persons in the United States by overseeing, implementing and reporting upon the effects of the performance of the duties of the Commission set forth in Section 102.

Financial literacy in this bill means basic personal income and household money management and planning skills, including:

Saving and investing

Building wealth

Managing spending credit, and debt effectively

Tax and estate planning

The ability to ascertain fair and favorable credit terms and avoid abusive, predatory, or deceptive credit offers

The ability to understand, evaluate and compare financial products, services and opportunities and

All other related skills

The Urban Affairs and New Nontraditional Programs Unit's programmatic thrusts are in synchronization with the Federal initiatives relating to personal finance. Through our programs, we are striving to teach urban audiences the basic financial skills they will need to become better managers of their money, and have them display the knowledge gained by practicing basic financial skills.

B. Actions and Activities Carried Out

Five Years of Excellent Programming...Annual Urban Family Conference

1999 – The State of Urban Families in the New Millennium

Keynote Speaker: Ms. Naomi Haines Griffith on “Strengthening Families in the New Millennium”

2000 – Making Family Connections

Keynote Speaker: Ms. P. K. Beville on “making Family Connections Through Senior Lifestyles”

2001 – Unlocking & Sharing Resources for Urban Families

Keynote Speaker: Dr. Romando James on “Your Roots Control your Fruits”

2002 – Strengthening Family Relations: Models for Change
Keynote Speaker: Dr. H. Wallace Goddard on “We, the Family...”

2003 – Strengthening Family-Centered Communities
Keynote Speaker: Dr. Lonnie Edwards, Sr. on “Reaching Beyond Boundaries”

Impressive Anniversary Conference and Family Expo

According to Dr. Virginia Caples, Provost, Academic Vice President & 1890 Administrator, Alabama A&M University the 5th Annual Family Conference “denotes five years of dialogue sharing on how to better serve nontraditional families through Extension programming with the help of local, state, and national partnerships.” The action to carry out our commitment to enhance client delivery services through professional development training is further crystallized with the following comments from the Provost:

We have designed a comprehensive program format for your education ...complete with ...a family expo as well as pre-post conference events. It (conference) represents our commitment to build upon previous accomplishments...and to seek new programmatic initiatives in a service delivery climate with limited resources. For Extension, it is essential to demonstrate a keen understanding of the challenges in the lives of families and individuals, and to provide them with the tools or resources they need to bring about self-empowerment and change.

The annual urban family conference is an Extension medium to address issues affecting families, children, and individuals residing in Alabama. The family conference combines the voices of communities and professionals in a number of fields with an interest in families and children.

The major activity to accomplish the overall goal of the family conference was the selection of three dynamic speakers. These speakers provided a holistic framework for the conceptualization of how family-centered communities can strengthen family development.

Dr. Lonnie Edwards, Sr. keynote speaker, presented on the topic, “Reaching Beyond Boundaries,” based on his extensive experience as an educator, at-risk youth foundation organizer, workshop presenter and national motivation speaker. His book, *A Teacher’s Touch: Reaching Beyond Boundaries* is well read within the southeast region. Currently, he continues his work with youth as the assistant superintendent for the DeKlab County School System.

Mr. Resmaa Menakem, director of holistic programs for the Tubman Family Alliance in Minneapolis, MN, highlighted his life work with families and individuals facing complex and difficult life circumstances, including youth, the elderly and both male and female victims of domestic violence. He spoke on the topic, “Holistic Programming: An Ethical Approach to Family Development.”

Dr. Galo Torres, southeast regional migrant health and dental consultant with the Human Resources & Services Administration in Atlanta, spoke on the topic, "Accessing Dental Health for Resource Limited Audiences."

Dr. Virginia Caples, Provost and Vice President for Academic Affairs, delivered an address entitled, "New Directions for Family-Centered Communities."

2003 Family Conference Expo

The goal of the Expo, a new concept encompassing more than simply "exhibits," is to expand registrants' participation ...with resources, ideas, and hands-on-experiences that participants can take back to their respective communities. This portion of the Conference has grown over the years, and for the fifth anniversary year, there were over 43 family development agency representatives and community-wide exhibitors. This was a 14% increase in participation from 2002.

Pre-Post Conference Events

Dr. David Malebranche, internist and clinical instructor of medicine, Emory University School of Medicine, Atlanta, GA and a recognized expert on HIV/AIDS in the African-American community delivered a pre-conference lecture on "HIV/AIDS & Women."

"Dementia & Successful Aging" was led at a post-conference lecture by Prof. Joanne McLinn, School of Social Work, Alabama A&M University.

Anniversary Celebration and Highlights

Pre-conference nontraditional entertainment by "The Whistling Baritone," Mr. Dan Gilliland; a book signing by Dr. Edwards; and exhibition with commentary of one of the famous Gee's Bend quilts, The Nine Patch Quilt, with Mrs. Mary Lee Bendolph.

Using the play, "A Matter of Choice: Ethics in the Workplace," the Bank Street Players of Decatur, AL fulfilled the motto of Plays for Living, Inc. of "opening minds to new solutions" through the dramatization of ethical issues associated with change in the workplace and individual integrity.

The Alabama Cooperative Extension System Urban Affairs and New Nontraditional Programs Unit serves as the lead agency in collaboration with Alabama Association of Retired Persons (AARP), the Alabama Department of Human Resources (DHR)-Kinship Care Program, and the Alabama Department of Senior Service-Alabama Cares Program. An inter-system "Task Force" of state agencies was organized under the umbrella of the Alabama Relatives As Parents Program (RAPP) to create and/or expand services to grandparents and other relatives who have taken on the responsibility of surrogate parenting. The goals of the Alabama RAPP Coalition are to: provide technical assistance for establishing and facilitating support groups, conduct informational sessions, and identify community resources for grandparents and other relatives parenting children. Support

groups have been established across the state. Local support groups established their goals to meet the needs of grandparents and relatives in the local area by organizing support groups and or conducting community information meetings.

A brochure was developed in 2002 and updated in 2003 to describe the Alabama RAPP and to create awareness of the program. Awareness of the programs prevents grandparents and relatives from GOING IT ALONE; they can seek support through educational seminars and/or support groups. Brochures and information about the program have been distributed through mediums of exhibits, workshops, and news articles.

The Alabama Relatives As Parents Program (RAPP) was an active component of ETP30A during 2003. The Annual Family Conference, sponsored by the Alabama Cooperative Extension System in October presented an opportunity to contact approximately 160 professionals who work with families from around the state. For Alabama RAPP, these contacts were made through an exhibit that was manned during all open sessions for exhibits and the Expo that ran in conjunction with the conference. Attendees learned about issues facing relatives as parents in the state of Alabama, they learned about Alabama RAPP and how they can benefit by becoming involved with RAPP. At the exhibit participants completed a short survey; the survey information is being used to create a database of professionals in the state who are working with grandparents and relatives who are serving as the primary parent as well as a database of grandparents.

In May, September, and November RAPP was a highly visible aspect of the Alabama Successful Aging Initiative that is also sponsored by the Alabama Cooperative Extension System, through in-service training sessions, and the Successful Aging Summit. Successful Aging Initiative Summits were held in Birmingham and Huntsville, two of the largest metropolitan areas in the state. Approximately 625 seniors and professionals attended the summits. Presentations on RAPP were presented at concurrent sessions at the summits. The Alabama RAPP exhibit was displayed as well. As an additional segment of the Birmingham Summit, Dr. Wilma J. Ruffin was the featured guest on a one-hour call in radio talk show. She gave information about the status of Alabama families in kinship care, research based information on kinship care and legislation that affects Alabama families and answered questions from the callers. The listening audience for the show is 17,000.

Additional activities during the year included numerous presentations across the state.

Alabama AARP, one of the partners in our inter-system task force, is providing the leadership for regional conferences on Grand Parenting. The task force decided during a state task force/steering committee meeting early in 2003 to focus on regional conferences because of state budget cuts. The original idea was to conduct one state meeting during 2003. Consequently, regional conferences emerged as an alternative. Possible state sites were identified and conferences were planned. Two conferences were conducted during 2003 (June and October) that reached over 250 seniors and professionals. The conference is designed for professionals working with Alabama families—specifically grandparents raising grandchildren. The daylong conference addresses the unique issues these “new” families face and provides a forum for professional to exchange ideas and form

partnerships. The conferences target professionals who interact with grandparents and grandparent caregivers; agency, organizations and church affiliates interested in the issues faced by grandparent and relative caregivers; grandparents 50+ raising grandchildren or adults raising other kin; and the general public who would like to learn more about the issues facing grandparents and relatives today and how they might help. The regional conferences will continue in other regions of the state during 2004.

Alabama RAPP presentations were made across the state with a variety of audiences through Cooperative Extension sponsored events as well as events sponsored by other agencies. Information was disseminated through a statewide Urban Affairs and New Nontraditional Programs Unit combined in-service training where agents received information about the program procedures for receiving technical support for implementing the program. As a result, agents frequently programmed around these issues. County Agent Mary Andrews reported five meetings for grand parents with an attendance of 990 and 2 meeting for grandparents raising grandchildren with an attendance of 188. These meetings were special "Grandparent Day" celebrations. County Agent, Cynthia Whitaker provided leadership for the Birmingham Successful Aging Summit, which resulted in many follow-up calls to her, and Janice Harper about issues grandparents and relatives face while serving as caregivers for children.

Local support groups conducted a myriad of activities with 98 families during the year. For example, support group meetings may focus on helping children with homework or learning to make scrapbooks with grandchildren to provide treasured memories of family events or even an attorney as guest speaker to discuss legal issues, as reported by county agent, Dr. Carol Reid. Florence City Schools RAPP support group facilitators Rena Roy and Sandra Butler reported on a very timely meeting they planned for their group. "World Events" was the title of the session with active military personnel speaking to the grandparents; they provided information to them on coping with the stress (for themselves and the grandchildren) of their children and relatives being actively involved in the war.

County Agent, Mary Malone, hosted an information meeting in Decatur, Alabama where grandparents and professionals received information about RAPP as well as information on legal issues from Attorney Kevin Crenshaw. The Madison County RAPP held its second Holiday Luncheon on December 15th at Romano's Macaroni Grill in Huntsville, Alabama. The grandparents and relatives raising children were treated to lunch and dessert, as well as door prizes. The Florence City Schools RAPP hosted a Holiday Luncheon on December 5, for their program participants.

Collaborative efforts with State Representative Laura Hall during the year resulted in an examination of a legislative bill, she sponsored on Relative Foster Care. This work is continuous, after research and review recommendations were made to Representative Hall.

LifeSmarts

· LifeSmarts On-line, and In-person State competitions, test the consumer knowledge of teens in grades 9-12 about personal finance, health and safety, the environment, technology, and consumer rights and responsibilities. LifeSmarts continues to increase the consumer knowledge of teens. The Alabama LifeSmarts winning team came from Morgan

County. Urban Extension Agent Mary Malone identified the volunteer coach and encouraged her to become a LifeSmarts coach. Austin High School's LifeSmarts team from Decatur represented Alabama in Orlando, FL at the National LifeSmarts competition.

Resource Management

- Urban Extension County Agent Mary Malone, in Morgan County, reported that by using various financial planning methods she has been successful in getting at least twenty low-income families in Morgan County to show improvements in personal finance behaviors.
- Agent Malone was not able to find out if electronic fund transfer accounts were being used and if so, whether there was an increase in their use.
- Agent Janice Harper of Jefferson County presented two family budgeting workshops to Jefferson County Community for Economic Opportunity Headstart parents and family court offenders. Additionally, she presented money management workshops to Ensley High School young mothers. Agent Cynthia Whittaker also of Jefferson County provided family resource management materials to participants of the Successful Aging Summit.

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

In total over 200 participants engaged in the various activities of the 5th Annual Family Conference during the month of October, 2003. These events and activities had been the culmination of over eight months of planning and design strategies with the entire Urban Unit serving on at least one of thirteen sub-committees. While the data presented to demonstrate impact and benefit does not represent all attendees; it does represent all those who submitted an evaluation form. The following program evaluation summary for the October 15, 2003 conference shows a 4.5 composite satisfaction score on a 5-point scale.

Specifically, the following data provides detailed feedback on the extent of impact and benefit to the audience for the 2003 family conference. Components (5-pt. Scale):

- A Matter of choice: Ethics in the workplace The Play - 4.4
- Holistic Programming for Family Development, 4.3
- Accessing Dental Health for Resources Limited Audiences 4.1
- Reaching Beyond Boundaries 4.8
- New Extension Directions for Family-Centered Communities 4.5
- Family Expo 4.6

Impact Data 2002 Conference

- Family in Crisis (Play) 4.1
- Financial Management 4.1
- Grandparents parenting Grandchildren 4.5
- Strengthening Family Relationship a Model for Change 4.6
- New Directions for Models of Change 4.6

The establishment of a statewide coalition that serves as an inter-system "Task Force" of state agencies that focus on issues and concerns of grandparents and relatives parenting children has impacted the lives of many adults and children in Alabama. As the research indicates, there is a great need for emotional and social networks in conjunction with the

need for financial and legal services. Although research on grandparents and relatives as parents is sparse, it is well noted that grandparents and relatives face many emotional difficulties. Grandparents who are raising their grandchildren often express significantly lower feelings of life satisfaction when compared to non-care-giving grandparents. These findings dictate the need for emotional and social support networks to assist grandparents and relatives with navigating through the process successfully. Grandparents often report many additional obstacles, however researchers concluded that the three main areas of concern for grandparents parenting grandchildren are:

- Loss of the expected and preferred grandparent role;
- Uncertainty about the permanence of the childcare arrangements;
- The relationship with the son or daughter who is unable to fulfill the parenting role.

As indicated by research, there is a great need for emotional and social support networks. The goals of the Alabama RAPP Coalition, to provide technical assistance for establishing and facilitating support groups, conducting informational sessions, and identifying community resources for grandparents and other relatives parenting children were met and benefited clientele and the general public. Support groups were established across the state. Surveys conducted through group contact, exhibits, community and educational meetings revealed that grandparents and relatives who responded to the surveys indicated serving as a surrogate parent for one to seven children with an age range of four years to 18 years. The number of children in one person or couple's care denoted a need for immediate direct services for adults and children. Resources were identified for families through the Department of Human Resources (DHR) Kinship Care Program and through the local support groups. One local support group submitted a proposal and was awarded an incentive grant from Alabama Relatives As Parents Program (RAPP). A portion of the grant along with local sponsorship was used to help defray the cost of respite opportunities for grandparents and relatives before the Christmas holidays and to support local activities. Approximately 40 grandparents and relatives participated in respite type holiday functions along with an additional 12 representatives from partnering agencies. The facilitators of the local groups received testimonials from grandparents and relatives regarding the social and emotional benefits of their involvement in the holiday activities.

Grandparents and children benefit greatly from involvement with RAPP. Grandparents have reported a greater understanding for helping children with homework, they have learned money management skills, and how to recognize disabilities their children may have, and more importantly where to find the help they need to resolve these and other problems. Two facilitators/coordinators who are school counselors in the Florence City Schools, Mrs. Rena Roy and Mrs. Sandra Butler, reported they have observed a remarkable increase in school involvement by the grandparents in their support group. After participating in several field trips they provided for the grandparents, the grandparents are more confident and have reported revisiting the sites with their grandchildren. Other outcomes reported by county agents are the direct benefits grandparents reported receiving.

- Financial resources and support (gift cards & Christmas gifts).
- Current child development and parenting information that helps them to provide a healthy environment for their grandchildren.
- How to screen and select entertainment for this new generation of children.
- How to recognize the different needs and personalities of the children.

- The importance of and how to prepare for their grandchildren's future.

LifeSmarts

No data is available for 2000. However, data from all participating teams represented in the State competitions for 2001-2002 indicate on average the LifeSmarts teams' consumers' knowledge increased. One team's knowledge based increased 2.5 %; another team's knowledge based increased 12.5 % between 2001-2002. Data reveal the individual teams, members' consumer knowledge increased also. Data supports team members knowledge gained, increased from minus 2% to 14% with 11% being the median knowledge increase per individual. LifeSmarts data for the year 2003 indicated six coaches registered, three coaches had teams. Twenty-six students participated in the on-line competition. Seven students from the on-line competition qualified for in-person competition. The average team score was forty. Additional data for the 2003 LifeSmarts team will be reported in 2004. Most of the team members for 2003 will compete again in 2004. These results show LifeSmarts' awareness is increasing.

Evaluations from the 2003 In-person Competition suggested: most of the participants were female, age ranges were 15 and 16, and the grade levels were 10th -12th. Survey results showed all team members felt more competent about their understanding of consumer education since participating in LifeSmarts. All participants stated LifeSmarts is teaching important information about personal finance and consumer rights and responsibility matters. Since teens have been participating in LifeSmarts data reveal, 41% did not know it was best to pay more than the minimum payment on credit cards until they began participating in LifeSmarts. Eighty-three percent are beginning to compare prices before buying, and 83% have begun to track their money to see where it is going. When compare with other teens their ages, 42% of these LifeSmarts teens believe they know more about managing their money since participating in LifeSmarts than teens who have not participated in LifeSmarts, and 33% think they know about the same as most students in managing their money. Forty-one percent said they were doing a better job of managing money since participating in LifeSmarts. Seventy-five percent said they were more disciplined in their spending decisions. Participants stated LifeSmarts offered a great learning experience.

These teens will no longer be among the teens that research alluded to that will not have the personal financial skills they need to support themselves when they leave high school. Clearly research shows; teens in Alabama have improved their marketplace skills through participating in LifeSmarts.

Urban Extension County Agent Mary Malone, in Morgan County, reported by using various methods of financial planning she has been successful in getting at least twenty low-income families in Morgan County to show improvements in personal finance behaviors. Such behavior demonstrates the setting of long and short-term financial goals. These families reportedly, now understand the difference between needs and want. Agent Malone can measure this behavior change through their verbal behavior. These families did not have any investment products, nor was their evidence of any retirement planning. She has evidence to suggest that credit is being use wisely. Although there is no evidence that, they reduced the use of credit within the last year. Agent Malone was not able to detect if these

families have ever requested a credit report. There was no indication that these families have reduced their debt load, due to time constraints and the ability to offer follow up classes. Four percent of these families had a budget or spending plan. Agent Malone observed that 2% of these families used financial records for decision-making, though they did not include their children in the financial decision-making. Twenty-five percent of these families have a way of tracking money they spend. They are keeping records of how they are spending their money. Agent Malone did not experience problems with these families keeping their appointments. Most of these families fulfilled their record keeping responsibilities at the end of the month. According to Agent Malone, they planned well. While some families used, financial institutions, most of them tended to pay their bills using cash. Most of these families do not have a Will, but the few that have Wills stated they needed updating and will have the updating done. Agent Malone was not able to determine whether these families had made sound decisions about insurance, or had gone through a bankruptcy. These families had some understanding of income taxes. There is evidence of more family involvement in discussing money matters. Eighteen percent of these families may be having open discussions about money, whereas 15% of the families are not having family discussions about money. The families that are discussing money matters have these discussions once per month. Twenty percent of the families are saving regularly and do it by following a saving plan. Reportedly, these families have increased their savings within the last year. Nevertheless, these families indicated they do not have a savings account and execute on a cash only basis. One can only deduce they are saving by using methods other than financial institutions. Going further, these families did not save for emergencies, and indicated they did not believe they could “afford” to save.

In conclusion, urban families are practicing basic financial planning skills, i.e., setting short and long term goals, and budgeting. They use a budget or another type of spending plan to guide them in managing their money. These families did not include their children in the household discussion about money. They have no investments, alternately; they are saving money but are not using financial institutions in the process. Most of them are, what they call “unbanked”, or “cash” consumers. Their financial affairs are handle-using cash. They also do not understand the relationship of saving overall and saving for emergencies. They believe they cannot afford to save for emergencies. Cooperative Extension should strive to educate these individuals about saving and investing. The risk involved in not using financial institutions and using much cash, as compared with the advantages of using financial institutions, and not using much cash. They also need to be educated about how goals, budgeting and saving yield financial success. Clearly, it is demonstrated here that they do not understand the connections made by money in their financial lives. Therefore, they do not understand how to make financial planning work for them. These are some areas and issues where Cooperative Extension should strive to provide more educational programs to teach limited resource families.

All of the financial indicators disclosed these families were using some of the skills at the basic financial planning level. These indicators revealed that financial literacy education through the Urban Affairs and New Nontraditional Programs Unit is reaching urban clients and improving the financial well being of families. Conversely, these financial indicators

brought to light other areas in personal finance that the Urban Unit of The Alabama Cooperative Extension System should address.

Reportedly, none of these families indicated they had encountered fraud, or had been victims of financial exploitation.

Articles:

Two articles were submitted to the Journal of Consumer Affairs

1. Employers Perspectives on Identified Social Factors as Predictors to Workforce Entry
2. Identity Theft

D. Fiscal and Human Resources

Over \$10,000 in internal support, fees, and in-kind donations were generated for the conference and related events. Based on an average meeting of one group every two months (4 over the cycle of the conference planning), an estimated 25 Extension staff (program brochure) met in the Dawson Building for planning meetings of 1 1/2 hours per session for fifth annual conference.

The Alabama RAPP received a big surprise in December—Annhauser Busch donated \$4,000.00 to the Alabama RAPP through Alabama AARP, one of our state partners, for use by grandparents and relatives raising children. Ruth Rambo, Associate Director of Alabama AARP contacted us with the exciting news just before the Christmas holiday. Each grandparent or relative (98) involved in programs throughout the state received a \$32 Wal-Mart or Sam's Supercenter gift certificate for each child in their care. The grandparents and relatives who participate in RAPP support groups across the state were elated. Funds are still being expended from our original \$10,000.00 seed grant.

Again this year, the Madison County local group sponsored a Christmas Angel tree for two families. A singles group at a local church provided Christmas gifts for a family of five children; the gifts were valued at \$1200.00.

The in-kind and monetary resources donated to LifeSmarts for 2003 is valued at \$2000.00.

E. Program Visibility, Exposure and Future Plans:

We have produced two exhibits that tell the story of Alabama families and one that series of exhibits that focus on environmental design influence of community well-being. These exhibits showcase Relatives As Parents Program (RAPP) and the value of "People-Plant" projects with at-risk families. The exhibits were featured at the statewide Annual Family Conference, Huntsville City School System, Town of Triana, and AAMU State ACES office. The "People-Plant" project was featured in the ACES Action Newsletter and the AAMU Campus Intercom.

T V Channel 19 News in Huntsville featured the Madison County RAPP in a news story. Gail Ballyntine, news anchor and writer, taped footage at a local support group meeting where

she met some of the grand parents and received their permission to come to their homes to conduct in-depth interviews. Dr. Ruffin, Family & Human Development Specialist and state director of RAPP was featured in the series, as she was presenting the workshop for the local group in November. Alison Couch, Data Analyst and State Coordinator of RAPP was interviewed for the news story and discussed Alabama RAPP, its goals and successes in the Madison county area and across the state. The feature aired a full day in different segments of the news. The RAPP exhibit continues to show case the work being done with relatives and grandparent caregivers and the children in their care. The continuation of RAPP presents a bright future for children and families in Alabama.

A network of state agencies, with Cooperative Extension serving as the lead agency, serves as an intersystem "Task Force" that supports RAPP. The state agencies are AARP Alabama, Alabama Department of Human Services, and the Alabama Department of Senior Services.

An Alabama web site supports LifeSmarts on-line competition.

Our goal is to continue to market LifeSmarts in the future. We envision LifeSmarts becoming the statewide leading consumer education program for teens in grades 9-12. We hope that Lifesmarts attract more teams in 2004 than it captivated it 2003.

Our future plans are to continue this ETP until 2005 and to meet or exceed our initial 5-year goal. We will be making some changes to the ETP in 2004 based on the feedback that we have received from the county agents that responded to our request for suggestions for improvements.

ETP 30A

By BERNICE WILSON

A. Description of Problem

In Alabama in 2000, 989,799 families had their own children living with them. Single mothers, those classified as female householders with no husband present, totaled 247,227, or 25 percent of the state's families with children. Birmingham had the most single moms, with 24,204. Huntsville's total 9,469, was fourth highest in the state. Among counties, Jefferson had the most single moms, with 42,494.

Many of these single moms are recipients of welfare services, suffer numerous forms of family breakdown and disproportionately make-up the poverty ranks across the state.

Recent statistics indicate that over 75% of welfare recipients have been victims of domestic violence. One in three Alabama children live in poverty – the second highest rate in the USA. Over 20% of Alabama's population is poor compared to 14% of the overall U.S.A. population. Yet, much of the poverty is concentrated in about a quarter of the counties in the

state, with these counties having the highest unemployment rates. Low-income youth are at high risk for developmental problems, including academic underachievement, juvenile delinquency, withdrawal, apathy, aggression, depression, and more. While most research studies point to at-risk families and youth social and economic development, urban Extension can expand the focus of intervention with innovative and creative service delivery approaches to this population.

Given the weight of human needs and social problems in Alabama's hardscrabble counties, innovative and nontraditional programming to enhance the quality of life for families is essential. The physical environment has a rich tapestry of resources that can be utilized as a component of innovative Extension outreach. What effect do physical environments have on psychological well-being, family life, and health outcomes? Can Alabama forestry resources be tapped to develop family-centered community initiatives with a targeted emphasis on parks, nature trails, wildlife habitats, and forestry assets? Can these type programs impact the overall quality of life of the Urban Extension audience?

The challenge is whether family disintegration issues, such as domestic violence, can be mitigated in the ten urban centers with a concerted effort to incorporate "people-plant" interventions through a demonstration project in a small township in Madison County, Alabama. No demonstration projects exist on the "people-plant" link in Alabama, while well-documented evidence attests to the extent and scope of domestic violence and other family dysfunctional behaviors. Funding from the Alabama Forestry Association of a \$75,000 demonstration grant to build community capacity in a resource-limited, at-risk community through urban forestry applications. This work was designed to be an innovative and nontraditional approach to domestic violence prevention and a supplement top the work of county agents with their domestic violence prevention councils.

Progressively, more grandparents and other relatives are being required to act as parents. The phenomenon of grandparents and other relatives raising children is nothing new. However, the number of children being raised by grandparents and other relatives has increased dramatically over the past 25 years.

According to 2000 US Census data, six million (8.4%) of all children under the age of 18 are living in grandparent or other relative-maintained households in the United States. The Census data further illustrates that nearly 5.8 million grandparents are living in households with one or more of their own grandchildren under the age of 18. More than 2.4 million of these grandparents are primarily responsible for meeting the basic needs of these children. A closer look at the Census data for Alabama's major cities revealed that 1,524 (52%) of the 2,922 grandparents who live in the household with one or more grandchildren under the age 18 serve as the primary caregiver; in Birmingham 4,764 (56%) serve as the primary parent, in Mobile, 2,825 (49%) serve as the primary parent and Montgomery 2,235 (53%) serve as the primary parent.

In Alabama, more than 113,000 (10.1%) children are living with a grandparent or relative who serves as their primary parent. Although the percentage of children in Alabama living in

grandparent or relative-maintained households is only slightly higher than the national percentage, a closer look at Alabama counties reveal astounding percentages. For example, in Madison County 7.2% of all children are living with grandparents or relatives; this percentage is lower than the US (8.4%) and the state of Alabama (10.1%), whereas, examples of West Alabama counties present an alarmingly high percentage, such as, Lowndes County (19%) and Wilcox County (17.3%).

While grandparents and relatives serving as the primary parent is not a new phenomenon, it is a rapidly growing trend that transcends all socioeconomic groups, geographic areas, and ethnicities. The major contributing factors to this growing trend are: drugs and alcohol abuse, teen pregnancy, divorce, abandonment, incarceration, AIDS and death. Regardless of the circumstances that led to grandparents and relatives new role, they share the common goal of wanting to provide a stable, nurturing environment for the children. These dedicated caregivers often take on their new roles at tremendous personal sacrifice. Relatives face a variety of legal, social, financial, and emotional or physical health problems in their efforts to parent a grandchild or young relative. The Alabama Cooperative Extension System Urban Affairs and New Nontraditional Programs Unit is prepared to address the needs of relative caregivers through the Relatives As Parents Program (RAPP).

According to the Alabama Department of Public Health Center for Health Statistics, 45,052 marriages occurred in Alabama during 2001, of these marriages, more than 24,000 ended in divorce. Of the divorcing couples, 11,438 couples were parenting minor children. Less than half of America's children can expect to live continuously with their biological parents throughout their childhood, primarily because their parents are divorced or never married. Although social scientist may interpret the conclusions differently, virtually all research studies and literature reviews will express agreement that divorce results in a variety of negative outcomes for children and adults. Additionally, literature and research on divorce tells us that a major challenge for divorced couples with minor children is co-parenting after divorce. As a result, there is a need for courses, workshops, educational sessions, and seminars for children and adults, designed to help them cope with this often-painful family transition.

Today more than 80% of the United States population lives in large metropolitan areas. The greatest socioeconomic challenges facing our nation will be in these growing metropolitan areas. This challenge is not going unnoticed the Urban Affairs and New Nontraditional Programs Unit continues to make a difference in consumer education and family resource management in the metropolitan areas.

Research indicated, individuals and families need information in the following six areas as set priorities relative to personal finance. (1) Investing (general), (2) Retirement planning/plans, (3) Credit use/debt reduction, (4) Budgeting/managing money, (5) Saving money, (6) Specific investment products, (Barbara O'Neill, Barbara Bristow, and Patricia Brennan Journal of Family and Consumer Sciences: From Research to Practice Volume 91 Issue 4, Resource Issue, 1999 p.45.) Individuals and Families also have some preferred delivery methods in which to receive financial information. When asked how do you prefer to receive financial information? The most preferred program delivery method was the newsletter, followed by classes/seminars, fact sheets, and one-on-one counseling (Personal

Finance Education: Preferred Delivery Methods and Program Topics, Barbara O'Neill, Jing Xiao, Barbara Bristow, Patricia Brennan, and Claudia Kerbel)

Further research by the JumpStart Coalition for Personal Financial Literacy showed many young American adults have displayed difficulty understanding basic financial ideas. These findings from a survey of high school senior conducted by JumpStart concluded high school students leave school lacking the basic financial knowledge to become successful adults money managers.

“Congress finds that although the evolution of our financial system has offered families in the United States many new opportunities to build wealth and security, the ready availability of credit, an overwhelming array of investment and savings options, and the shifting of responsibility for retirement savings from employer to employee has made the understanding of personal finance ever more important.”

Building upon research in personal finance, the 108TH Congress of the United States (2003) has drafted a bill to establish the Financial Literacy Commission. The purpose of the Commission is to serve to improve the financial literacy of persons in the United States by overseeing, implementing and reporting upon the effects of the performance of the duties of the Commission set forth in Section 102.

Financial literacy in this bill means basic personal income and household money management and planning skills, including:

Saving and investing

Building wealth

Managing spending credit, and debt effectively

Tax and estate planning

The ability to ascertain fair and favorable credit terms and avoid abusive, predatory, or deceptive credit offers

The ability to understand, evaluate and compare financial products, services and opportunities and

All other related skills

The Urban Affairs and New Nontraditional Programs Unit's programmatic thrusts are in synchronization with the Federal initiatives relating to personal finance. Through our programs, we are striving to teach urban audiences the basic financial skills they will need to become better managers of their money, and have them display the knowledge gained by practicing basic financial skills.

B. Actions and Activities Carried Out

Five Years of Excellent Programming...Annual Urban Family Conference

1999 – The State of Urban Families in the New Millennium

Keynote Speaker: Ms. Naomi Haines Griffith on “Strengthening Families in the New Millennium”

2000 – Making Family Connections

Keynote Speaker: Ms. P. K. Beville on “making Family Connections Through Senior Lifestyles”

2001 – Unlocking & Sharing Resources for Urban Families

Keynote Speaker: Dr. Romando James on “Your Roots Control your Fruits”

2002 – Strengthening Family Relations: Models for Change

Keynote Speaker: Dr. H. Wallace Goddard on “We, the Family...”

2003 – Strengthening Family-Centered Communities

Keynote Speaker: Dr. Lonnie Edwards, Sr. on “Reaching Beyond Boundaries”

Impressive Anniversary Conference and Family Expo

According to Dr. Virginia Caples, Provost, Academic Vice President & 1890 Administrator, Alabama A&M University the 5th Annual Family Conference “denotes five years of dialogue sharing on how to better serve nontraditional families through Extension programming with the help of local, state, and national partnerships.” The action to carry out our commitment to enhance client delivery services through professional development training is further crystallized with the following comments from the Provost:

We have designed a comprehensive program format for your education ...complete with ...a family expo as well as pre-post conference events. It (conference) represents our commitment to build upon previous accomplishments...and to seek new programmatic initiatives in a service delivery climate with limited resources. For Extension, it is essential to demonstrate a keen understanding of the challenges in the lives of families and individuals, and to provide them with the tools or resources they need to bring about self-empowerment and change.

The annual urban family conference is an Extension medium to address issues affecting families, children, and individuals residing in Alabama. The family conference combines the voices of communities and professionals in a number of fields with an interest in families and children.

The major activity to accomplish the overall goal of the family conference was the selection of three dynamic speakers. These speakers provided a holistic framework for the conceptualization of how family-centered communities can strengthen family development. Dr. Lonnie Edwards, Sr. keynote speaker, presented on the topic, “Reaching Beyond Boundaries,” based on his extensive experience as an educator, at-risk youth foundation organizer, workshop presenter and national motivation speaker. His book, *A Teacher’s Touch: Reaching Beyond Boundaries* is well read within the southeast region. Currently, he continues his work with youth as the assistant superintendent for the DeKlab County School System.

Mr. Resmaa Menakem, director of holistic programs for the Tubman Family Alliance in Minneapolis, MN, highlighted his life work with families and individuals facing complex and difficult life circumstances,

including youth, the elderly and both male and female victims of domestic violence. He spoke on the topic, "Holistic Programming: An Ethical Approach to Family Development."

Dr. Galo Torres, southeast regional migrant health and dental consultant with the Human Resources & Services Administration in Atlanta, spoke on the topic, "Accessing Dental Health for Resource Limited Audiences."

Dr. Virginia Caples, Provost and Vice President for Academic Affairs, delivered an address entitled, "New Directions for Family-Centered Communities."

2003 Family Conference Expo

The goal of the Expo, a new concept encompassing more than simply "exhibits," is to expand registrants' participation ...with resources, ideas, and hands-on-experiences that participants can take back to their respective communities. This portion of the Conference has grown over the years, and for the fifth anniversary year, there were over 43 family development agency representatives and community-wide exhibitors. This was a 14% increase in participation from 2002.

Pre-Post Conference Events

Dr. David Malebranche, internist and clinical instructor of medicine, Emory University School of Medicine, Atlanta, GA and a recognized expert on HIV/AIDS in the African-American community delivered a pre-conference lecture on "HIV/AIDS & Women."

"Dementia & Successful Aging" was led at a post-conference lecture by Prof. Joanne McLinn, School of Social Work, Alabama A&M University.

Anniversary Celebration and Highlights

Pre-conference nontraditional entertainment by "The Whistling Baritone," Mr. Dan Gilliland; a book signing by Dr. Edwards; and exhibition with commentary of one of the famous Gee's Bend quilts, The Nine Patch Quilt, with Mrs. Mary Lee Bendolph.

Using the play, "A Matter of Choice: Ethics in the Workplace," the Bank Street Players of Decatur, AL fulfilled the motto of Plays for Living, Inc. of "opening minds to new solutions" through the dramatization of ethical issues associated with change in the workplace and individual integrity.

The Alabama Cooperative Extension System Urban Affairs and New Nontraditional Programs Unit serves as the lead agency in collaboration with Alabama Association of Retired Persons (AARP), the Alabama Department of Human Resources (DHR)-Kinship Care Program, and the Alabama Department of Senior Service-Alabama Cares Program. An inter-system "Task Force" of state agencies was organized under the umbrella of the Alabama Relatives As Parents Program (RAPP) to create and/or expand services to grandparents and other relatives who have taken on the responsibility of surrogate

parenting. The goals of the Alabama RAPP Coalition are to: provide technical assistance for establishing and facilitating support groups, conduct informational sessions, and identify community resources for grandparents and other relatives parenting children. Support groups have been established across the state. Local support groups established their goals to meet the needs of grandparents and relatives in the local area by organizing support groups and or conducting community information meetings.

A brochure was developed in 2002 and updated in 2003 to describe the Alabama RAPP and to create awareness of the program. Awareness of the programs prevents grandparents and relatives from GOING IT ALONE; they can seek support through educational seminars and/or support groups. Brochures and information about the program have been distributed through mediums of exhibits, workshops, and news articles.

The Alabama Relatives As Parents Program (RAPP) was an active component of ETP30A during 2003. The Annual Family Conference, sponsored by the Alabama Cooperative Extension System in October presented an opportunity to contact approximately 160 professionals who work with families from around the state. For Alabama RAPP, these contacts were made through an exhibit that was manned during all open sessions for exhibits and the Expo that ran in conjunction with the conference. Attendees learned about issues facing relatives as parents in the state of Alabama, they learned about Alabama RAPP and how they can benefit by becoming involved with RAPP. At the exhibit participants completed a short survey; the survey information is being used to create a database of professionals in the state who are working with grandparents and relatives who are serving as the primary parent as well as a database of grandparents.

In May, September, and November RAPP was a highly visible aspect of the Alabama Successful Aging Initiative that is also sponsored by the Alabama Cooperative Extension System, through in-service training sessions, and the Successful Aging Summit. Successful Aging Initiative Summits were held in Birmingham and Huntsville, two of the largest metropolitan areas in the state. Approximately 625 seniors and professionals attended the summits. Presentations on RAPP were presented at concurrent sessions at the summits. The Alabama RAPP exhibit was displayed as well. As an additional segment of the Birmingham Summit, Dr. Wilma J. Ruffin was the featured guest on a one-hour call in radio talk show. She gave information about the status of Alabama families in kinship care, research based information on kinship care and legislation that affects Alabama families and answered questions from the callers. The listening audience for the show is 17,000.

Additional activities during the year included numerous presentations across the state.

Alabama AARP, one of the partners in our inter-system task force, is providing the leadership for regional conferences on Grand Parenting. The task force decided during a state task force/steering committee meeting early in 2003 to focus on regional conferences because of state budget cuts. The original idea was to conduct one state meeting during 2003. Consequently, regional conferences emerged as an alternative. Possible state sites were identified and conferences were planned. Two conferences were conducted during 2003 (June and October) that reached over 250 seniors and professionals. The conference is designed for professionals working with Alabama families—specifically grandparents

raising grandchildren. The daylong conference addresses the unique issues these “new” families face and provides a forum for professional to exchange ideas and form partnerships. The conferences target professionals who interact with grandparents and grandparent caregivers; agency, organizations and church affiliates interested in the issues faced by grandparent and relative caregivers; grandparents 50+ raising grandchildren or adults raising other kin; and the general public who would like to learn more about the issues facing grandparents and relatives today and how they might help. The regional conferences will continue in other regions of the state during 2004.

Alabama RAPP presentations were made across the state with a variety of audiences through Cooperative Extension sponsored events as well as events sponsored by other agencies. Information was disseminated through a statewide Urban Affairs and New Nontraditional Programs Unit combined in-service training where agents received information about the program procedures for receiving technical support for implementing the program. As a result, agents frequently programmed around these issues. County Agent Mary Andrews reported five meetings for grand parents with an attendance of 990 and 2 meeting for grandparents raising grandchildren with an attendance of 188. These meetings were special “Grandparent Day” celebrations. County Agent, Cynthia Whitaker provided leadership for the Birmingham Successful Aging Summit, which resulted in many follow-up calls to her, and Janice Harper about issues grandparents and relatives face while serving as caregivers for children.

Local support groups conducted a myriad of activities with 98 families during the year. For example, support group meetings may focus on helping children with homework or learning to make scrapbooks with grandchildren to provide treasured memories of family events or even an attorney as guest speaker to discuss legal issues, as reported by county agent, Dr. Carol Reid. Florence City Schools RAPP support group facilitators Rena Roy and Sandra Butler reported on a very timely meeting they planned for their group. “World Events” was the title of the session with active military personnel speaking to the grandparents; they provided information to them on coping with the stress (for themselves and the grandchildren) of their children and relatives being actively involved in the war.

County Agent, Mary Malone, hosted an information meeting in Decatur, Alabama where grandparents and professionals received information about RAPP as well as information on legal issues from Attorney Kevin Crenshaw. The Madison County RAPP held its second Holiday Luncheon on December 15th at Romano’s Macaroni Grill in Huntsville, Alabama. The grandparents and relatives raising children were treated to lunch and dessert, as well as door prizes. The Florence City Schools RAPP hosted a Holiday Luncheon on December 5, for their program participants.

Collaborative efforts with State Representative Laura Hall during the year resulted in an examination of a legislative bill, she sponsored on Relative Foster Care. This work is continuous, after research and review recommendations were made to Representative Hall.

LifeSmarts

· LifeSmarts On-line, and In-person State competitions, test the consumer knowledge of

teens in grades 9-12 about personal finance, health and safety, the environment, technology, and consumer rights and responsibilities. LifeSmarts continues to increase the consumer knowledge of teens. The Alabama LifeSmarts winning team came from Morgan County. Urban Extension Agent Mary Malone identified the volunteer coach and encouraged her to become a LifeSmarts coach. Austin High School's LifeSmarts team from Decatur represented Alabama in Orlando, FL at the National LifeSmarts competition.

Resource Management

- Urban Extension County Agent Mary Malone, in Morgan County, reported that by using various financial planning methods she has been successful in getting at least twenty low-income families in Morgan County to show improvements in personal finance behaviors.
- Agent Malone was not able to find out if electronic fund transfer accounts were being used and if so, whether there was an increase in their use.
- Agent Janice Harper of Jefferson County presented two family budgeting workshops to Jefferson County Community for Economic Opportunity Headstart parents and family court offenders. Additionally, she presented money management workshops to Ensley High School young mothers. Agent Cynthia Whittaker also of Jefferson County provided family resource management materials to participants of the Successful Aging Summit.

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

In total over 200 participants engaged in the various activities of the 5th Annual Family Conference during the month of October 2003. These events and activities had been the culmination of over eight months of planning and design strategies with the entire Urban Unit serving on at least one of thirteen sub-committees. While the data presented to demonstrate impact and benefit does not represent all attendees; it does represent all those who submitted an evaluation form. The following program evaluation summary for the October 15, 2003 conference shows a 4.5 composite satisfaction score on a 5-point scale.

Specifically, the following data provides detailed feedback on the extent of impact and benefit to the audience for the 2003 family conference. Components (5-pt. Scale):

A Matter of choice: Ethics in the workplace The Play - 4.4
Holistic Programming for Family Development, 4.3
Accessing Dental Health for Resources Limited Audiences 4.1
Reaching Beyond Boundaries 4.8
New Extension Directions for Family-Centered Communities 4.5
Family Expo 4.6

Impact Data 2002 Conference

Family in Crisis (Play) 4.1
Financial Management 4.1
Grandparents parenting Grandchildren 4.5
Strengthening Family Relationship a Model for Change 4.6

New Directions for Models of Change 4.6

The establishment of a statewide coalition that serves as an inter-system “Task Force” of state agencies that focus on issues and concerns of grandparents and relatives parenting children has impacted the lives of many adults and children in Alabama. As the research indicates, there is a great need for emotional and social networks in conjunction with the need for financial and legal services. Although research on grandparents and relatives as parents is sparse, it is well noted that grandparents and relatives face many emotional difficulties. Grandparents who are raising their grandchildren often express significantly lower feelings of life satisfaction when compared to non-care-giving grandparents. These findings dictate the need for emotional and social support networks to assist grandparents and relatives with navigating through the process successfully. Grandparents often report many additional obstacles, however researchers concluded that the three main areas of concern for grandparents parenting grandchildren are:

- Loss of the expected and preferred grandparent role;
- Uncertainty about the permanence of the childcare arrangements;
- The relationship with the son or daughter who is unable to fulfill the parenting role.

As indicated by research, there is a great need for emotional and social support networks. The goals of the Alabama RAPP Coalition, to provide technical assistance for establishing and facilitating support groups, conducting informational sessions, and identifying community resources for grandparents and other relatives parenting children were met and benefited clientele and the general public. Support groups were established across the state. Surveys conducted through group contact, exhibits, community and educational meetings revealed that grandparents and relatives who responded to the surveys indicated serving as a surrogate parent for one to seven children with an age range of four years to 18 years. The number of children in one person or couple’s care denoted a need for immediate direct services for adults and children. Resources were identified for families through the Department of Human Resources (DHR) Kinship Care Program and through the local support groups. One local support group submitted a proposal and was awarded an incentive grant from Alabama Relatives As Parents Program (RAPP). A portion of the grant along with local sponsorship was used to help defray the cost of respite opportunities for grandparents and relatives before the Christmas holidays and to support local activities. Approximately 40 grandparents and relatives participated in respite type holiday functions along with an additional 12 representatives from partnering agencies. The facilitators of the local groups received testimonials from grandparents and relatives regarding the social and emotional benefits of their involvement in the holiday activities.

Grandparents and children benefit greatly from involvement with RAPP. Grandparents have reported a greater understanding for helping children with homework, they have learned money management skills, and how to recognize disabilities their children may have, and more importantly where to find the help they need to resolve these and other problems. Two facilitators/coordinators who are school counselors in the Florence City Schools, Mrs. Rena Roy and Mrs. Sandra Butler, reported they have observed a remarkable increase in school involvement by the grandparents in their support group. After participating in several field trips they provided for the grandparents, the grandparents are more confident and have reported revisiting the sites with their grandchildren. Other outcomes reported by county

agents are the direct benefits grandparents reported receiving.

- Financial resources and support (gift cards & Christmas gifts).
- Current child development and parenting information that helps them to provide a healthy environment for their grandchildren.
- How to screen and select entertainment for this new generation of children.
- How to recognize the different needs and personalities of the children.
- The importance of and how to prepare for their grandchildren's future.

LifeSmarts

No data is available for 2000. However, data from all participating teams represented in the State competitions for 2001-2002 indicate on average the LifeSmarts teams' consumers' knowledge increased. One team's knowledge based increased 2.5 %; another team's knowledge based increased 12.5 % between 2001-2002. Data reveal the individual teams, members' consumer knowledge increased also. Data supports team members knowledge gained, increased from minus 2% to 14% with 11% being the median knowledge increase per individual. LifeSmarts data for the year 2003 indicated six coaches registered, three coaches had teams. Twenty-six students participated in the on-line competition. Seven students from the on-line competition qualified for in-person competition. The average team score was forty. Additional data for the 2003 LifeSmarts team will be reported in 2004. Most of the team members for 2003 will compete again in 2004. These results show LifeSmarts' awareness is increasing.

Evaluations from the 2003 In-person Competition suggested: most of the participants were female, age ranges were 15 and 16, and the grade levels were 10th -12th. Survey results showed all team members felt more competent about their understanding of consumer education since participating in LifeSmarts. All participants stated LifeSmarts is teaching important information about personal finance and consumer rights and responsibility matters. Since teens have been participating in LifeSmarts data reveal, 41% did not know it was best to pay more than the minimum payment on credit cards until they began participating in LifeSmarts. Eighty-three percent are beginning to compare prices before buying, and 83% have begun to track their money to see where it is going. When compare with other teens their ages, 42% of these LifeSmarts teens believe they know more about managing their money since participating in LifeSmarts than teens who have not participated in LifeSmarts, and 33% think they know about the same as most students in managing their money. Forty-one percent said they were doing a better job of managing money since participating in LifeSmarts. Seventy-five percent said they were more disciplined in their spending decisions. Participants stated LifeSmarts offered a great learning experience.

These teens will no longer be among the teens that research alluded to that will not have the personal financial skills they need to support themselves when they leave high school. Clearly research shows; teens in Alabama have improved their marketplace skills through participating in LifeSmarts.

Urban Extension County Agent Mary Malone, in Morgan County, reported by using various methods of financial planning she has been successful in getting at least twenty low-income families in Morgan County to show improvements in personal finance behaviors. Such

behavior demonstrates the setting of long and short-term financial goals. These families reportedly, now understand the difference between needs and want. Agent Malone can measure this behavior change through their verbal behavior. These families did not have any investment products, nor was there evidence of any retirement planning. She has evidence to suggest that credit is being used wisely. Although there is no evidence that they reduced the use of credit within the last year. Agent Malone was not able to detect if these families have ever requested a credit report. There was no indication that these families have reduced their debt load, due to time constraints and the ability to offer follow up classes. Four percent of these families had a budget or spending plan. Agent Malone observed that 2% of these families used financial records for decision-making, though they did not include their children in the financial decision-making. Twenty-five percent of these families have a way of tracking money they spend. They are keeping records of how they are spending their money. Agent Malone did not experience problems with these families keeping their appointments. Most of these families fulfilled their record keeping responsibilities at the end of the month. According to Agent Malone, they planned well. While some families used financial institutions, most of them tended to pay their bills using cash. Most of these families do not have a Will, but the few that have Wills stated they needed updating and will have the updating done. Agent Malone was not able to determine whether these families had made sound decisions about insurance, or had gone through a bankruptcy. These families had some understanding of income taxes. There is evidence of more family involvement in discussing money matters. Eighteen percent of these families may be having open discussions about money, whereas 15% of the families are not having family discussions about money. The families that are discussing money matters have these discussions once per month. Twenty percent of the families are saving regularly and do it by following a saving plan. Reportedly, these families have increased their savings within the last year. Nevertheless, these families indicated they do not have a savings account and execute on a cash only basis. One can only deduce they are saving by using methods other than financial institutions. Going further, these families did not save for emergencies, and indicated they did not believe they could “afford” to save.

In conclusion, urban families are practicing basic financial planning skills, i.e., setting short and long term goals, and budgeting. They use a budget or another type of spending plan to guide them in managing their money. These families did not include their children in the household discussion about money. They have no investments, alternately; they are saving money but are not using financial institutions in the process. Most of them are, what they call “unbanked”, or “cash” consumers. Their financial affairs are handled using cash. They also do not understand the relationship of saving overall and saving for emergencies. They believe they cannot afford to save for emergencies. Cooperative Extension should strive to educate these individuals about saving and investing. The risk involved in not using financial institutions and using much cash, as compared with the advantages of using financial institutions, and not using much cash. They also need to be educated about how goals, budgeting and saving yield financial success. Clearly, it is demonstrated here that they do not understand the connections made by money in their financial lives. Therefore, they do not understand how to make financial planning work for them. These are some areas and issues where Cooperative Extension should strive to provide more educational programs to teach limited resource families.

All of the financial indicators disclosed these families were using some of the skills at the basic financial planning level. These indicators revealed that financial literacy education through the Urban Affairs and New Nontraditional Programs Unit is reaching urban clients and improving the financial well being of families. Conversely, these financial indicators brought to light other areas in personal finance that the Urban Unit of The Alabama Cooperative Extension System should address.

Reportedly, none of these families indicated they had encountered fraud, or had been victims of financial exploitation.

Articles:

Two articles were submitted to the Journal of Consumer Affairs

1. Employers Perspectives on Identified Social Factors as Predictors to Workforce Entry
2. Identity Theft

D. Fiscal and Human Resources

Over \$10,000 in internal support, fees, and in-kind donations were generated for the conference and related events. Based on an average meeting of one group every two months (4 over the cycle of the conference planning), an estimated 25 Extension staff (program brochure) met in the Dawson Building for planning meetings of 1 1/2 hours per session for fifth annual conference.

The Alabama RAPP received a big surprise in December—Annhauser Busch donated \$4,000.00 to the Alabama RAPP through Alabama AARP, one of our state partners, for use by grandparents and relatives raising children. Ruth Rambo, Associate Director of Alabama AARP contacted us with the exciting news just before the Christmas holiday. Each grandparent or relative (98) involved in programs throughout the state received a \$32 Wal-Mart or Sam's Supercenter gift certificate for each child in their care. The grandparents and relatives who participate in RAPP support groups across the state were elated. Funds are still being expended from our original \$10,000.00 seed grant.

Again this year, the Madison County local group sponsored a Christmas Angel tree for two families. A singles group at a local church provided Christmas gifts for a family of five children; the gifts were valued at \$1200.00.

The in-kind and monetary resources donated to LifeSmarts for 2003 is valued at \$2000.00.

E. Program Visibility, Exposure and Future Plans:

We have produced two exhibits that tell the story of Alabama families and one that series of exhibits that focus on environmental design influence of community well-being. These exhibits showcase Relatives As Parents Program (RAPP) and the value of "People-Plant"

projects with at-risk families. The exhibits were featured at the statewide Annual Family Conference, Huntsville City School System, Town of Triana, and AAMU State ACES office. The "People-Plant" project was featured in the ACES Action Newsletter and the AAMU Campus Intercom.

T V Channel 19 News in Huntsville featured the Madison County RAPP in a news story. Gail Ballyntine, news anchor and writer, taped footage at a local support group meeting where she met some of the grand parents and received their permission to come to their homes to conduct in-depth interviews. Dr. Ruffin, Family & Human Development Specialist and state director of RAPP was featured in the series, as she was presenting the workshop for the local group in November. Alison Couch, Data Analyst and State Coordinator of RAPP was interviewed for the news story and discussed Alabama RAPP, its goals and successes in the Madison county area and across the state. The feature aired a full day in different segments of the news. The RAPP exhibit continues to show case the work being done with relatives and grandparent caregivers and the children in their care. The continuation of RAPP presents a bright future for children and families in Alabama.

A network of state agencies, with Cooperative Extension serving as the lead agency, serves as an intersystem "Task Force" that supports RAPP. The state agencies are AARP Alabama, Alabama Department of Human Services, and the Alabama Department of Senior Services.

An Alabama web site supports LifeSmarts on-line competition.

Our goal is to continue to market LifeSmarts in the future. We envision LifeSmarts becoming the statewide leading consumer education program for teens in grades 9-12. We hope that Lifesmarts attract more teams in 2004 than it captivated it 2003.

Our future plans are to continue this ETP until 2005 and to meet or exceed our initial 5-year goal. We will be making some changes to the ETP in 2004 based on the feedback that we have received from the county agents that responded to our request for suggestions for improvements.

ETP 30A. Success Story – Alliance Against Abuse

By JEANNE ELIZABETH PHILLIPS

The Alliance Against Abuse, a Mobile coalition of over 25 area agencies holds it's annual abuse awareness program. A candlelight vigil seminar on abuse and school poster contest helps draw attention to the problem of abuse in families such as in domestic violence and in child abuse. All other forms of abuse are also included in the prevention program including elder abuse, financial abuse of the elderly, animal abuse and abuse of the disabled.

Area schools and clubs volunteer to assist with the annual abuse prevention program and agency volunteers help with all events. The finale to the program is held at Hank Aaron Stadium where hundreds of children take part in the poster winner's picnic and enjoy a baseball game by the Mobile Bay Bears. Underprivileged children from St. Mary's Home and the Boys and Girls Clubs benefit from the event.

ETP 30A. Success Story – Teens Credit High ACT Scores to Lifesmarts Competition
By MARY P. MALONE

Seeking to improve Alabama's top ten rating in bankruptcy filings, Mary Malone, Urban Regional Extension Agent, introduced a new program for teaching consumer skills to teens. The program, Lifesmarts, is an educational program that develops the consumer and marketplace skills of teen-agers in a fun way and rewards them for their knowledge.

The questions test knowledge in five consumer areas: personal finance, health and safety, environment, technology and consumer rights and responsibilities.

Bethany Kelly, Family and Consumer Sciences teacher at Austin High School in Decatur, agreed to coach the four member Lifesmarts team. For 3 months the team practiced every Saturday morning for three hours to prepare for the contest.

Such dedication and hard work paid off. The Austin team qualified to participate in the live game show style state competition. After winning there, they traveled to Chicago to represent the state of Alabama in the National contest.

After making a good showing in the national event the team returned home to match wits with the ACT exam. Again, all 4 members of the team and the alternate member were successful. All 5 scored 25 or greater on the ACT. The average exam score is 18. Scholarship awards require a minimum score of 21.

Team member Ashley Ladd state, "I believe the reason we all scored high on the ACT is because of the extra practice getting ready to compete and getting used to assimilating and retaining so much knowledge."

Bethany Kelly, coach of the team, said, "The students are all doing better in their school work as a result of all the knowledge gained through Lifesmarts."

This enthusiastic team focused attention on ways being involved with Lifesmarts can bring success to a young person's academic career and serve them well as they make consumer choices their life long.

ETP 30A. Success Story – Sewing and Quilting Expo
By MARCHALE E BURTON

Sewers and quilters in Calhoun County were having a difficult time understanding the new technology involved with the latest sewing machines. Many of the latest models are very technical, and equipped with, and can be used along with a personal computer. Many sewers in this county were becoming flustered and overwhelmed.

The Cooperative Extension System in Calhoun and Talladega County partnered sewing

professionals in surrounding counties to address the needs of sewers. Partners included Pete and Nancy Haynes of Haynes Sewing Machine Co., Hart and Home Sewing & Quilt Center, Linda Cooper from Birmingham Business Resource Center, Cheryl Chestnut from The Stitchin Post, Barbara Matthews from Abertville Sewing Center, Gary Batson from The Quilting Guild, Linda Chandler Jacksonville State University.

The Expo covered many topics including Starting a small at home business, appliqué, monogramming, and digitizing, to name a few.

Over fifty-four consumers attended the expo and received expert advice from program facilitators who were able to provide one on one instructions to consumers.

Post program evaluation indicate participants were able to better understand their sewing machines therefore they are able to produce clothing for their families that they make. Which in many cases improves the family budget.

ETP 30A. Success Story – *Money Management: There is Still Hope*

By CYNTHIA L. WHITTAKER

In 2004, the Salvation Army and M-Power Ministries organizations expressed a responsibility to not merely donate Christmas gifts to under-served families... as they were accustomed to doing year after year. They wanted to educate parents on effective money management practices as a step towards empowering them to become more self-sufficient, and to reduce the numbers of annual repeat recipients. Extension's role was to provide money management training and educational resources, while the Salvation Army and M-Power Ministries provided outreach services, such as gift donations for children, accommodating individual family urgencies, and contributing auditorium space for the training. Collectively, this collaboration provided hope for a brighter tomorrow for 800 families in under-served environments.

We received feedback from half of the 800 participants indicating specific changes they planned to make as a direct result of this training, such as:

- o I will make a family spending plan and stick to it
- o I will keep meaningful written records of where my money goes
- o I will resist buying on impulse
- o I will recognize my personal weaknesses
- o I will shop with a list
- o I will shop around and compare prices
- o I will help my children realize they can't have all their wants
- o I will teach my children to plan and prioritize
- o I will teach my children that "money doesn't grow on trees"

This partnership will continue in 2005 with bi-monthly money management programs scheduled throughout the year.

ETP30B. Dogs as Companion Animals

By JULIO CORREA

A. Description:

Industrialization and urbanization have partly been the cause of increased stress and health challenges in the American society. This unhealthy state of affairs is being vigorously addressed by many people in many disciplines with the object of helping to restore health to communities everywhere. Recently, scientific research has lent credibility to the centuries-old belief that the close relationship between humans and animals contributes to the overall health improvement and well being of society.

As society moved from small rural communities to increasingly large metropolitan areas, the dog's role changed. According to a national survey, the majority of dog owners selected companionship as the major reason for having a dog (American Animal Hospital Association, 1995). Dog companionship increases recreational walks, self-esteem, involvement in sports and clubs, and family happiness and fun. Furthermore, clinical observations have shown that association with dogs may contribute to reduction in stress, blood pressure, feelings of loneliness, and fear of being a victim of crime.

Therapy dogs have been tremendously successful, especially in the areas of physical rehabilitation and psychological recovery. For example, the presence of animals in institutional settings is associated with the tendency of older persons to smile and talk more, reach out toward people and objects, exhibit more alertness and attention, and experience more symptoms of well-being and less depression (National Institutes of Health, 1987). A dog can enhance self-esteem and feelings of competence in youth, as well as improve motivation, when given the responsibility for its exercise, training, and feeding.

To increase the chance that both dog and owner will remain together for the rest of the natural life of the dog, people must be prepared and make sure that the dog is properly nourished, in good health, and well behaved. The latter is of ought most importance to prevent the dog from becoming a nuisance or a menace to the community. Besides, a well-behaved dog makes a much more pleasant companion, and can be more easily a part of the family life. Therefore, the objectives of this project are to educate the public in the subjects of dog nutrition, health, behavior, training, responsible ownership, and the benefits of dog companionship.

B. Actions and Activities Carried Out:

In Tuscaloosa County, Extension Agent Betsy Myers continued her remarkable work with the Tuscaloosa County 4-H Dog Club. During 2003, the Dog Club participated in a workshop in which two of the local veterinarians and the Executive Director of T-Town PAWS (People for Animal Welfare and Safety) made presentations on general pet care and the importance of spaying or neutering pets. In addition, Betsy Myers and Kim Romain participated in Pet Therapy at Hillcrest High School's special education class. Many of the youngsters in this class have severe disabilities such as autism, blindness and hard of

hearing. Extension Agent Betsy Myers and the Tuscaloosa County 4-H Dog Club expect to continue its work with the community during 2004.



Betsy Myers' dog therapy group makes presentation at Northridge High School



Betsy Myers, Kim Romain and their dogs participate in Hillcrest High School's Special Ed class

In Cullman County, Extension Agent James Conway continued using pets to encourage 4-H

members to participate in public speaking events. In 2003 4-H members were persuaded into public speaking by offering them an invitation to a pet show. Each of the 88 4-H clubs in Cullman County had 5 to 10 youngsters give talks and before the pet show started they were given gift bags containing handouts on dog training. This event has become one of the most popular 4-H projects in the county. For more information on the Cullman County 4-H Pet Show, call James Conway at (256) 737-9386.

In DeKalb County, Extension Agent Terry Shackelford conducted a clinic entitled “Caring for Dogs”. The DeKalb County Extension Office and the Society sponsored the activity for the Prevention of Cruelty to Animals (SPCA). Dr. Joe McNew was the Guest Speaker of the activity.



Some of the participants of DeKalb County Dog Clinic

The Urban Affairs and New Nontraditional Programs Unit of ACES continued the distribution of its instructional ring-binder entitled “Dogs As Companion Animals”. During 2003 another pamphlet was added to the current series of publications about dogs which are also available on our ACES website (www.aces.edu) under Urban Affairs and New Nontraditional Programs.

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

Results obtained from county agents show that a grand total of 67,684 contacts were made through this project. From this grand total, 99.4% of the contacts were made in Tuscaloosa and Cullman County combined.

As ACES completes its restructuring and county participation is determined, we shall be able to ascertain specific impacts from this project.

D. Fiscal and Human Resources:

According to the reported days worked, 4 ACES employees allocated a total of 119 days to this project in 2003. From this total, agents in Tuscaloosa and DeKalb Counties allocated 42.0%.

E. Program Visibility, Exposure and Future Plans:

A brief description of this project is available on our ACES website (www.aces.edu) under Urban Affairs and New Nontraditional Programs. Furthermore, the 2002 results of this project were presented at the 2003 National Urban Conference in Chicago, Illinois. The poster presentation was made on May 8 from 2:00 to 4:00 p.m. The poster included four individual success stories submitted by Extension Agents from Tuscaloosa, Calhoun, Tallapoosa, and Cullman County.

Any changes to the project will be based on the restructuring of ACES and any feedback that we receive from the county agents that respond to our request for suggestions for improvement.

SMP 31. Urban-Rural Interface State

By JANNIE CARTER

A. Description:

Metropolitan areas are characterized by high economic growth and development. Whether we label the growth as urban sprawl, urban interdependence, or the urban/rural interface, the fact remains that there is an outward movement into areas that were once identified as rural farmland. This movement brings about change and challenges that citizens must deal with in order to manage issues at the crossroads. Interface is defined as that common boundary between regions where diverse groups interact. Over the past decade, increased emphasis has been placed on decreasing farmland, air quality, water contamination, alternative animal and crop production, growing dependence on foreign trade, and community diversity.

Through urban-rural interface programming, Extension acknowledges the changing face of Alabama and recognizes the value of diverse programming to meet the needs of a socially, economically, and culturally diverse society. Interface programs such as the Urban-Rural Interface Conference provide links to agriculture, environmental sciences, family programs and community issues that engage all of Alabama's citizens in meaningful exchanges and learning partnerships.

B. Actions and Activities Carried Out:

The Urban-Rural Interface Conference takes an integrated approach to helping Alabama

citizens define and address family, community and agricultural issues that impact those who live on the fringe or borders where urban and rural development merge. The Rural Revitalization Conference that had been implemented for several years at Alabama A&M as an Extension Conference was reframed in 1997 and re-named as the Urban/Rural Interface Conference in-keeping with the Extension mandate to expand Extension outreach to urban, new and nontraditional audiences. The Conference is offered each spring in collaboration with the School of Agricultural and Environmental Sciences' Agricultural and Family Sciences Week. The purpose of the conference is to: 1) convene agencies, organizations and individuals that are addressing the needs of urban/rural communities; 2) establish common understandings of issues and needs in these communities and identify opportunities and resources that are available to address them; 3) develop understandings of reciprocal strengths and potential contributions of Conference participants, and 4) provide training models, information and educational resources that will prepare participants to build partnerships and plan successful programs to enhance their communities. Conference themes reflect the variety of issues that have been the focus of the conference over the past six years such as wildlife management, community gardening, pesticide management, biotechnology and genetically modified foods, water quality, land use and urban expansion.

The 2003 Urban/Rural Interface Conference (URI) was held on April 24 on the campus of Alabama A&M University. The Conference featured keynote speaker Michael Mullen, director of the Center for Environmental Research and Service at Troy State University. Dr. Mullen spoke on the theme "Research and Education Respond to Current Community Issues." Other speakers provided practical information on community gardening, the safety and risks of genetically modified foods (GMOs), and water and air quality. Presenters included County Extension Agents, the director for the Harvest Program with the Madison County Commission, director of CASA Community Gardens, and the deputy director for the Department of Natural Resources and Environmental Management in Huntsville. There were over 100 students, faculty, Extension educators, and community leaders in attendance. The impact of the conference has been assessed primarily at the awareness level where attendees have been asked to complete evaluation surveys. Participants have consistently indicated that the conference has helped them to better understand urban/rural issues and has provided them with resources to help them take appropriate action.

The changing profile of Alabama's population is an important interface issue that has been recognized by many Urban Center offices. Since 1990, the Hispanic population in Alabama has grown tremendously with an estimated 95% of the Hispanics in the state dwelling in urban areas. To address the needs of Alabama's growing Hispanic population, Extension educators in Baldwin County (a part of the Mobile metropolitan area) worked collaboratively with La Clinica de Baldwin (a public health clinic for Hispanics) to design and publish a guide (in English and Spanish). The guide includes information about schools, health care, legal aid, how to obtain identification documents, literacy programs hurricane preparedness and more.

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

Discussed in B above.

D. Fiscal and Human Resources

Fifteen agents and specialists were signed up for 193 days of work under this SMP. Two hundred (200) days were reported at years end. One agent provided input for this report.

E. Program Visibility, Exposure and Future Plans:

As the Alabama Cooperative Extension System moves into a new program cycle in the coming 5 years, we will continue to work to frame the Urban/Rural Interface Conference. The continuous merging of urban and rural communities is a reality and the audience created by this merging creates a new clientele with new issues that must be addressed. The concept of programming to address urban/rural interface issues merits continuous consideration.

This conference has excellent potential as a regional and even a national event. The goal is to continue to expand conference partnerships to create advocates that can support program delivery, expansion and ultimately community impact.

ETP 31A. Diversity & Multicultural Affairs

By CELEDONIO GAPASIN

A. Description

As the outreach component of the state's Land Grant institutions, the Alabama Cooperative Extension System has a tremendous role to play in helping individuals; families and communities understand, adjust and respond to individual and cultural differences. Extension by its very definition, is an organization operating under the commitment to provide educational programs, materials, and equal opportunity employment to all people without regard to race, color, culture, national origin, religion, sex, age, veteran status or disability. This commitment addresses directly the responsibilities of Extension to provide outreach services to diverse audiences, and indirectly addresses the organization's obligation to design its programs around the expressed needs of all citizens including diverse audiences.

The population in the state of Alabama is becoming increasingly diverse relative to, race, color, culture, national origin, religion, gender, age, veteran status or disability. As the state's population changes, so must its response to diversity. The nature of this response is crucial to the well being of individuals, families and communities. The truth is, differences alone do not cause racial problems, but how people respond to differences can. The history of the nation unfortunately reflects a race consciousness, which its southern states have struggled to overcome for many years. There is a growing need for Alabama citizens to make conscious efforts to enhance their appreciation for differences and to move forward to eradicate prejudice through education. The value lies in understanding that America was built on the unified contributions of its diverse constituents. Each race, culture, sex, and age group has positive contributions to make toward the betterment of human society. The

diversity of the nation as a whole and within the state of Alabama "is a source of strength that should be appreciated and cultivated" (Beyond Rhetoric, 1991).

The goal of this project is to create a greater appreciation for the value of diversity and culture of people in different countries. The objective of this specific ETP is to educate communities on diversity issues relative to race, national origin, color, sexual orientation, age, gender, physical and mental ability, spiritual practice, disability, veteran status and multicultural activities to promote better understanding, appreciation and respect for the different aspects of human differences. It is also the intent of this project to collaborate with law enforcement and criminal justice agencies to establish programs to expand and enhance understanding of diversity and multiculturalism in the law enforcement arena.

B. Actions and Activities Carried Out

Living in Harmony, was the theme of the Extension staff in-service training conducted on Thursday, March 13, 2003 at the Dawson Cooperative Extension building at Alabama A&M University campus

Two seminars were presented for the morning activities. Mr. Dwight Faulkner, Interim Manager of the Bureau of Citizenship and Immigration Services, Department of Homeland Security, Atlanta, Georgia was the speaker for Changes in Immigration Laws. At around 10:30 that morning, Dr. Jerome Roberts, Vice President for Student Affairs at Alabama A&M University, deliberated on the topic Fraternities and Sororities: Do You Join Them? Following the two seminars was a question-answer session, which lasted for about 20 minutes.

At noontime lunch was served. There was a Taste of Culture, where foods from different countries like Pakistan, Peru, Nepal, Iran, China, Philippines and others were served.

The other activity in the afternoon was the Celebration of Diversity: Rainbow of Cultures. Various talents from different cultures were presented. There were folk dances from Spain called Flamingo, from Peru, Festejo, from Africa, Kpalongo and Song for You, and from the Philippines, Bulaklakan, and a flower dance. Three poems were presented, one from Miss Alabama A&M 2003, The Mother and two others from the Virgin Islands and from India. A graduate student from the Department of Agribusiness also delivered the Caste System of Nepal. A group composed of five singers from the Philippines sang a patriotic song, Bayan Ko, which means my country. The rest of the activities that afternoon included Parade of Nations where costumes from various countries were presented. Some participants explained when and how to wear their costume. There was also audience/public participation where they sang two American patriotic songs: God Bless American and America the Beautiful.

Cultural exhibits of arts and crafts including pictorials were shown representing countries from Africa by the International Student Association of A&M, including Indonesia and the Philippines.

To nurture a recognition and respect for diversity within communities, to create a greater

appreciation for the value of diversity and to establish an environment that promotes unity, a Diversity Council for Madison and Limestone Counties was organized on Tuesday, August 12, 2003 at the Interactive Video Center, Dawson Cooperative Extension Building, Alabama A&M University. More than 20 organizations representing religious groups, service agencies, military personnel, police departments, academic institutions and international clubs were represented in the organizational meeting. Prior to the election of officers for the council, the group was briefed on the Cooperative Extension program of Alabama A&M and Auburn universities, the need for a Diversity Council was explained, and examples of diversity programs including law enforcement seminars conducted in the past by Extension was also presented.

The elected officers of the Diversity Council were: President, Maria Taylor, originally from Peru, now residing in Athens, Alabama, a Logistic Management Specialist from the Security Assistance Management Directorate at Redstone Arsenal; Vice President, Barbara Williams, Administrative Officer and in charge of Pupil Services of Huntsville City Schools; Secretary, Frank Broyles, Program Director of the National Conference for Community and Justice, Huntsville; and Treasurer, Kimberly Crutcher-Williams, Officer of Multicultural Affairs, University of Alabama in Huntsville. Three working committees were formed with chairmen: Public Relations Committee, Khalil Alim, a freelance writer-lecturer and member of the An-Nur The Light Lectures and Books organization, Huntsville; Membership Committee, Ms. Lateisha Alein, AIDS Action Coalition/Faith Community Gathering, Huntsville; and Program/Activities Committee, Gloria Vergara, Past President of the International Women's Club of Huntsville together with Otha Tucker of the Madison County Health Department, Huntsville. The Program/Activities committee had already prepared a draft of the Constitution and Bylaws of the Council and copies were provided to the members for review. A motto, "We are One," was suggested and adopted by the council members. A regular monthly meeting was scheduled every second Tuesday of the month at 11:00 a.m.

In Lauderdale County, the Shoals Diversity Council that was organized under the leadership of Mary Andrews, County Extension Agent of the Alabama Cooperative Extension System, co-hosted with the Office of Multicultural Affairs of the University of North Alabama, a Global Cultural Night that celebrated the cultures from around the world. The purpose of the program was to create awareness about different cultures especially those represented that evening to an audience of over 500 people residing in the Shoals area.

The Father of the Blues, W.C. Handy, was remembered and honored during the W.C. Handy Parade in observance of the weeklong celebration to honor a notable musician. More than 200 youth and adults carrying flags of about 25 countries participated in the parade. The Diversity Council actively participated.

More than 70 individuals, majority of them from Hispanic families in the Shoals area, were invited to a community outreach to participate in an educational program held in a local school in Florence. The topics/activities included in the program were: free health insurance for Hispanic women; insurance for children; domestic violence: rights for women; special needs for an attorney, services provided in the hospital's emergency room and their rights as citizens in a free society.

The Shoals Diversity Council co-sponsored the "Handy History Tea" on February 1, 2003 to honor the Handy Cabin Committee and the 2003 recipient of the James T. Rapier Black History award, Mrs. Delores Nash, an outstanding citizen of the community. The activity was held at 2:00 p.m. in the Florence Public Library Meeting Room.

The youth group of Colbert County, Teen Leadership Connection (TLC) program, assisted the Shoals Diversity Council in the clean-up campaign in observance of World Environment Day on June 5, 2003 held in Sheffield, Alabama. The 12 youths who participated, cleaned up a portion of the community by picking up litter along Avalon Avenue in the city. Through this activity, the youth group demonstrated that they could make a difference by providing service to rid a community from trash pollution. They also showed that they could manage and provide leadership to youth groups; work with other members of community organizations like the Shoals Diversity Council and assist in clean-up activities to celebrate World Environment Day.

As part of their community service projects, the TLC youth group of Colbert County also assisted in fund raising to help cancer victims from different cultural backgrounds. On May 16-17, 2003, during the North Alabama State Fair in Muscle Shoals, Alabama, this youth group assisted in raising \$2,532.00 by selling food items, preparing luminaries, and also, helping in the clean up of the fairground facilities. The money raised was donated to the Shoals Cancer Society under the program, Relay for Life.

During the Colbert County 4-H Roundup, the TLC youth group participated in the educational and cultural diversity activities where they learned leadership, social and citizenship skills. The 118 individuals who were involved in this program provided leadership, secured facilities, acted as judges and coordinated volunteer activities.

The first Celebration of Diversity Awards Program in Dothan City, Houston County was managed and coordinated by Rosalind James, an urban agent of the Alabama Cooperative Extension System. She initiated the idea and provided leadership in planning, coordinating, recruiting volunteers, and looking for sponsors for this program. She also recruited volunteers to help in the various committees created. The committees included the following: committee on recruitment of applicants for the following award categories - business, youth, adult, agency, and religion; committee on development and design of the Celebration of Diversity Awards Application; public relation committee for television, radio and newspaper advertisement; sponsorship committee to raise \$15,000 speaker fees for the renowned motivational speaker, Willie Jolly; reception committee in charge of entertaining the honorees after the program; awards committee who will be in charge of selecting the awards - Huge Golden Cups, including engraving; and the stage decoration committee.

Over 200 people attended the awards program. It was a formal black/tie affair and was planned like the prestigious Oscar Awards. No one knew who the winners were until the night of the program. It was truly an excitement in the air. The program was televised on the local television station for the entire month. Because of the success of the affair and the overall program, the City Manager had asked Ms. Rosalind James to have this activity as an annual event during the month of February with the Alabama Cooperative Extension System as the lead agency.

Law Enforcement related programming continued in FY 2003. First, Cultural Diversity Training for Alabama police officers was conducted for the Huntsville and Ft. Payne Police Departments. In Huntsville, all new Academy cadets are required to take a four-hour course that focused on generating positive, non-adversarial, interactions between law enforcement officers and the diverse populations within the jurisdiction. The training, taught by the Extension Head, Program Planning and Development / Law Enforcement Programs, seeks challenge new and existing officers to appreciate, and work in a positive manner with, the very diverse audiences they are sworn to serve and protect. Given the population dynamics of the north Alabama region, a central focus of the training is on interactions with the rapidly increasing Hispanic (Mexican and Guatemalan) populations. Officers receive specific instruction on the impact of cultural differences in between traditional and Hispanic residents-and of the potential for less than positive outcomes. Central to the success of this training is the integrated curriculum of the Academy experience. Equally important as the courses on legal issues, arrest and control techniques, officer survival skills, lethal and non-lethal training weapons, hazardous materials, vehicle skills, etc., are modules that deal with diversity, basic Spanish for police officers, and communications skills. While quantitative assessments are difficult to obtain, HPD administration is confident that the training has generated positive qualitative effects.

A second major effort was the result of a most unfortunate occurrence. The Ft. Payne, Alabama Police Department experienced an accidental shooting involving one of their officers and a Hispanic resident. Community tensions were high and potential conflict between the police and the Hispanic Community was apparent.

Acting in a proactive mode, the Extension Head, Program Planning and Development / Law Enforcement Programs initiated contact with the Ft. Payne Police Chief and offered to conduct diversity-community oriented policing training for the entire department. Extension is also coordinating other training for the department, to include basic Spanish for police officers with actual scenarios designed to give officers the opportunity to execute both adversarial and non-adversarial contacts with Hispanic subjects and receive objective evaluations of their performance. In conjunction with positive overtures by the department to the Hispanic community in the area Extension will continue to assist the department by serving as an educational moderator for police-Hispanic citizen forums.

Last, the Extension Head, Program Planning and Development / Law Enforcement Programs, as a member of the Madison County Law Enforcement Coalition, continues to work with police and the Partnership for a Drug Free Community in a combined educational effort to combat the significantly escalating incidence of the manufacture, importation, sale, and abuse of Club Drugs and Methamphetamines. The Extension Head, Program Planning and Development / Law Enforcement Programs developed the original PowerPoint program (now co-authored by Sgt. Winn of the specialized area drug task force). This educational resource has been used to train many of the narcotics officers and selected school resource officers in the state and, a civilian version has been the primary training tool used with civilian audiences. In addition, emergency medical personnel and hospital staff have been trained using the PowerPoint program. Pretest and posttest measures clearly indicate that both patrol and school resource officers and civilian audiences were very much in the dark concerning the availability, usage, and effects of these illegal substances in their community.

Respondents report a much greater capacity to assess signs of substance abuse and a better understanding of how to successfully deal with these issues. Also, given the great increase in methamphetamine production and use in North Alabama, the Extension Head, Program Planning and Development / Law Enforcement Programs has been heavily involved in the design of a series of educational community forums to be implemented in FY 2004.

In Morgan County, Mary P. Malone, County Extension Agent, spearheaded the organization of the Tennessee Valley Council on Diversity. The organizational meeting was publicized on the local cable talk show. The newspaper ran a story and picture of the council in session, which attracted new members. The council had already conducted five meetings with 17 members.

Council members participated in three Christmas walking/riding parades with participation from senior citizens, children from Head Start carrying red balloons while Christmas carol music was played, and students attending the class, English as a second language, carried flags of various countries and wearing their native dresses. The council decided to join this kind of parade again next year.

The council members include: the seeing impaired, senior citizens, Head Start director, Association for Retarded Citizens director, members from the El Centro Legal Latino, religious groups, and other Caucasian and African-American men and women.

Ms. Malone also served as member of the Education Committee for the Hispanic Fiesta, which was held in Huntsville with more than 200 Hispanics participating. The committee met four times during the planning period and once for the evaluation and wrap-up. In addition, she also conducted four classes for new Hispanic parents on Prenatal Nutrition with 20 participants; three parenting classes for Head Start parents using a Spanish interpreter; and two classes at Even Start with seven to eight Hispanic women and men attending.

ETP 31A. Diversity & Multicultural Affairs: Success Story

By JUDY J. EDMOND

If you lived in public housing during the late 80's or early 90's your neighbor was either black or white. That is no longer the case in the public Huntsville housing community. You might not be able to communicate with your neighbor because you don't speak their language or understand their accent. In order for people to live together in harmony they must understand and accept each other.

As a result of this observation, the specialist in Multicultural Affairs at Alabama A&M University was contacted to help bring about a change in the public housing community (10 public housing communities in Huntsville). In order for people to respect and accept each other, they must know something about each other's culture. Therefore, Seven ethnic

groups along with American culture, black and white, participated in the workshop to help bring about a change.

The objective was achieved through dialogue, presentation of song and dance, exhibits, and food. There were a lot of similarities, but each group learned something from the other. Each group valued the family. As the program ended, many remarked that this was an excellent way to get to know each other. Many of the participants remarked that they would love to do this in other group settings to help enlighten the citizens of Huntsville. "The more we get together the happier we will be", and the better we can get along. The senior residents were the targeted audience. Most had no idea there were this many ethnic groups in their community. Many said they had traveled to many lands just by hearing from each group--a trip they would never be able to take in person.

Among the countries represented were Mexico, Jamaica, Bermuda, Kenya, The Philippines, Nigeria, Ethiopia, and America.

SMP 33. Workforce and Economic Development

By JANNIE CARTER

A. Description:

With Alabama's unemployment statistics fluctuating just under the national jobless rate of 6%, youth and adult populations are seeking workforce preparation guidance. In an attempt to move ahead, many Alabamians are polishing up their resumes, retooling, and gearing up for new careers. But preparing for a rewarding and productive career in the twenty first century workplace can be challenging as job trends continue to change. Employment as we know it with a full-time job, healthy benefits and a nice retirement package, is becoming more uncommon. On average, fewer jobs are full time or permanent. Roughly 3 out of 4 jobs are temporary. Statistics indicate that most people will change jobs at least twice in their lifetime. Many will become self employed to ensure greater job satisfaction and security. Whatever the employment status, employees are ultimately seeking the best candidate for the position. Most desirable skills include communication, critical thinking, technical, leadership and team building skills.

Extension's Urban unit Workforce and Economic Development programs: 1) explore entrepreneurship opportunities, 2) encourage partnerships, and 3) offer web-based resources, interactive curricula, and assessments, to help develop a skilled and ethical labor force that meets employer demands in a changing work environment.

B. Actions and Activities Carried Out:

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

A Franchise Entrepreneurship Workshop was conducted in June of 2003 in Houston County, designed to encourage minorities to pursue business. The program was supported

by a \$25,000 grant sponsorship from the Dothan Area Chamber of Commerce. Two hundred (200) African Americans attended the training. Additionally, a follow-up or "Next Level" class was also conducted to educate participants on how to start their own business. A \$5,000 sponsorship grant from Troy State Business Center supported this training, which was collaboration between the Dothan Area Chamber of Commerce, Troy State Business Center, and the Alabama Cooperative Extension System. Twenty-five participants completed this training. The Urban Extension Agent conducting the training reported the following results from this community development effort:

- Ten percent of the participants have started their own business
- Five attendees will be opening up their franchise business in the spring of 2004
- One attendee has a business contract with Wal-Mart Super Center nation-wide to promote his greeting cards
- One attendee is establishing his own telephone service

A series of leadership workshops was conducted in the Mobile metropolitan area with a number of job search, job placement, volunteer and personnel board agencies and organizations to help them address various licensing, professional and workforce development or client service concerns. Programs are provided primarily in responses to request from participating agencies including organizations such as the Mobile Personnel Board, Volunteer Mobile and Mobile Works. During 2003, A total of seven (7) agencies and organizations participated in 27 training sessions on topics such as team management, diversity, stress management, dealing with difficult people, conflict management, organizational assessment, toxic relationships and others. Approximately 278 citizens benefited from the training designed to improve job search skills, improve success on the job, enhance leadership skills, increase knowledge of team building skills and increase involvement in leadership roles. Follow-up reports from collaborating agencies indicate a success rate of about 75% of the clients being placed on jobs and/or in leadership roles.

Extension educators in Lowndes County have been actively involved in community development efforts to promote industry and small farm production of alternative farm products including fish and goats. The County coordinator's participation on the local county industrial board has helped to bring two Hyundai Plants, two general stores and a mini business plaza into the county creating jobs and a stronger tax base for Lowndes County. These are examples of the results to be gained through community capacity building and partnerships. Meat goat production meetings were conducted in Lowndes County as an awareness effort to encourage small landowners to grow goats. Additional funding is being sought to support more detailed demonstration projects in this area.

The County Coordinator reported "Lowndes County Extension office assisted five pond owners in building tilapia cages. The owners were also assisted in purchasing fingerlings and designing a feeding program for the growers. There is also one commercial tilapia grower in Lowndes County. The commercial grower markets his fish for \$1.50 a pound and the small growers market their fish on the pond for \$2.00 a pound. This commodity impacts Lowndes County in the form of added income for small pond owners and the commercial grower."

D. Fiscal and Human Resources:

Fourteen agents and specialists committed 279 days to this project at initial sign-up. Two hundred five (205) days were reported at years end. Three (3) agents provided input to this report.

E. Program Visibility, Exposure and Future Plans:

As changes in our economy continues to create employment concerns among youth and adults, at all professional and skill levels, workforce development will continue as a program focus for the Urban Affairs and New Nontraditional Programs unit. The services offered under this SMP are in response to the growing need for work force preparation information and resources. More specific input on Extension outreach in this area can be found under ETP 33A, Workforce and Economic Development. Educators in the System have identified and begun implementing a number of publications, curriculum resources and interactive programs. The impact of these efforts can be more effectively measured after the next year or two of observations and follow-up. Continued focus on marketing workforce preparation as an Extension programming effort for enhanced visibility is needed.

SMP 33. Workforce and Economic Development: Success Story – *Smart Growth*

By JEANNE ELIZABETH PHILLIPS

Smart Growth, a conference related to the human and environmental implications of unchecked, chaotic growth was held in the spring and summer of this year. Over 300 participants attended the first conference at the Mobile Convention Center where national speakers shared a number of the basic tenets of Smart Growth, a national growing movement now endorsed by a number of cities, towns and municipalities across the country. A follow-up workshop drew some 100 participants to work on specific community projects related to Smart Growth.

Smart Growth impacts transportation, the elderly, and many other issues of daily living. Planners, politicians, and the many stakeholders in developing communities found common ground and ways to work together for the future in this conference.

ETP33A

By ROSALIE M. LANE

A. Description

According to the Alabama Department of Industrial Relations, Alabama's unemployment rate was 5.8 percent in December 2003, higher than the 5.7 percent experienced by the U.S. during the same period. While the increase is a little below the 5.9 percent recorded in

2001, it is much higher than the record low 4.1 percent in 2000, (Labor Department Monthly Labor Statistics). The high unemployment numbers are not going unnoticed by Secretary of Labor Elaine L. Chao. She stated, during the June 20, 2001 "Summit on the 21st Century Workforce," that "America needs a wake-up call about its workforce - because the trends that are impacting it will have huge economic consequences if we don't act on them." Alabama's high unemployment rate may have a lot to do with the economic downturn that happened to the nation as a whole after the "9/11" terrorist attack. Secretary Chao made critical observations about three issues that will "impact our nations economic strength in the decades ahead, and shape the quality of life of America's working families." Those issues are a) The skills gap, b) our demographic destiny, and c) the future of the American workplace.

The skills gap, and the cause of the gap, is prevalent in Alabama, as it is in the rest of the nation. There is also 'disconnect' between the increases of new "unmanned" jobs that demand new skills, and the large numbers of unskilled workers not ready to use new technology. There is also a digital divide that separates our nation into technological "haves" and "have nots." Large numbers of workers now compete in decreasing traditional job markets, such as manufacturing, while the unemployment gap increases." There is already a wide gap in the unemployment rate of high school dropouts that is four times that of a college graduate. The Secretary suggests that we bridge these and other unemployment gaps through education and reform our "culture of complacency with a culture of challenge." Workforce training professionals are challenged by Secretary Chao to promote training programs that are seen as "venture capital for the 21st workforce" - and therefore offering hope to those workers who have not been reached by employers. Demographics also play a very important role in the success of our nation's workforce future because the labor pool is getting smaller, and will be even smaller when the baby boomers complete retirement about the year 2020. Labor shortages will dictate the need to import labor. Alabama is fortunate, as it already has come to terms with incorporating large pools of newly arrived labor to answer its labor shortages. Secretary Chao envisions the future workplace as being multi-talented and thriving with many that have been left out of the economic mainstream. Alabama Cooperative Extension System through its diversified workforce network is providing programs and resources that focus on assisting Alabama families in realizing a better quality of life.

B. Actions and Activities Carried Out

Alabama Cooperative Extension Systems' Urban Affairs and New Nontraditional Programs unit provides the Extension Team Project "Workforce Preparation & Economic Development, 33A," with the potential venture capital to focus on preparing workers with attributes that employers want. This team project has adapted, developed, and created such workforce preparation programs to answer the challenge. The project's Job Readiness Programs and Youth Career Summits, as well as curriculums such as Welcome to the Real World and Works for Me, and an employment Internet website WECAN4U, continuously delivered in MSA's and rural areas to hard to reach audiences. Using these and other tools serve as value added enhancements to increase client's opportunities for hire.

The Youth Career Summits are designed for unique audiences, such as senior high female 11th and 12th graders, to get a broader view of the nontraditional careers available to them in the high wage and high tech fields. Recent data reveals that women are under represented in the high-paying technical fields. The Summit is designed to educate the students about careers in high skill and high wage fields in avionics, aviation, automotive, manufacturing, allied health, and entrepreneurship, etc. The Summit is in partnership with Vocational Schools and Junior Colleges and was a part of the AACC-ACCT Community College Agenda for the 107th Congress. It provides some funding for workforce training programs, especially the Basic State Grants and Tech Prep Program contained in the Carl D. Perkins Vocational and Technical Education Act, which emphasize continuous program improvement and partnerships with business and industry. The Summit's Mission of increasing awareness of young women in technical career opportunities and the training programs available in this region to prepare for those high-skilled jobs accommodates this agenda. The following are statistics gathered to confirm the need for Youth Career Summits:

- * Women comprise 15% of engineering graduates.
- * Only 1.2% of civilian and commercial airline pilots are women.
- * Less than 3% of aircraft engine mechanics are women.
- * There are fewer women in upper level math and physics courses.
- * Men dominate the field of information technology, even with over 300,000 IT jobs going unfilled this year alone.

The Summit has seen approximately 8,000 male and female participating high school students in Houston, Mobile and Madison, since its 2000 inception. This past year, over 2,225 students attended in Houston and Madison Counties. Although, the Summit was developed to increase the 15 percent female presence in unique technological fields, young men are now given the same opportunities and to date approximate 2000 have attended. Over 3000 workforce related handouts were given in the Madison County Summit youth.

Welcome to the Real World reached approximately 1,834 participants in 2003, in Alabama. The curriculum delivers a proactive and exciting workforce training and educational program to youth and adults. It renders a proactive and holistic view of real life that must be made by self-sufficient 25-year-old adults regarding career, budget, emergency and other life considerations. The Welcome to the Real World (WTTRW) curriculum activity was used by Specialists and County Extension Agents (CEAs) on a local, county, state and national level at schools, career fairs, community centers, agency JOBS programs, resource fairs, Boys & Girls Clubs, etc. The agents and other facilitators used the curriculum in (a) Calhoun, partnering with DHR, AMS, SHS, CCCTC, etc. (1,025); (b) Jefferson (100); (c) Lowndes Money Management Workshop (20); (d) Lauderdale County with partnerships from Adult Education, DHR, Housing Authority, and Food Stamps (350); (e) Lawrence in partnership with the following high schools Tennessee Valley, Hatton, Parents and Children and Teachers (PACT) facilitating five presentations (124); (f) Mobile (350) in partnership with Drug Education Council, University of South Alabama, Bishop State Community College (SIFE Team); (g) Madison County (163) in partnership with local youth agencies; and (h) Talladega, in partnership with Senior High School economic and Project Impact (52).

Following are some comments that facilitators and clients made about the activity:

- * "Please include me in the next simulation."
- * "The simulation should be a requirement for high school seniors."
- * "I don't have enough money."
- * "The WTTRW really helps students to have a better appreciation for the value of money: this is an excellent way to teach money management."
- * "They enjoyed the class and learned a lot. Some expressed that they wish to class could be shorter."

The WTTRW curriculum is so widely used throughout the state by Extension facilitators who do not report impact to ETP 33A, Workforce Preparation and Economic Development; therefore, the Specialist designed an impact measurement-reporting instrument for all users. The form is on the Extension website under Urban New and Nontraditional Programs for reporting. WTTRW has amassed over 9,000 contacts to date.

Job Readiness Programs were delivered under various topics including Dress for Success programs, It Works for Me curriculum, Career programs and one Forefronting Youth Initiative. "The Job Hunting Kit", a workforce and career enhancement is also added this year under Job Readiness. During the year, on an ongoing basis, county agents and the Specialist have provided non-formal education and training to 1,671 hard to reach audiences. Partnership formations and community based initiatives, enabled the programs to occur in (a) Job preparation classes for Project Impact and Senior High Economics (285) in Talladega County; (b) two workshops and conference - Career Image and Economic Empowerment for Youth (963) along with "Forefronting Youth Initiative (963) in Madison; (c) Dress for Success Programs (150) and Job Readiness (100) in Jefferson County; (d) Workshops on interviewing, success on the job and other workplace topics to help clients in obtaining and job retention. The following partnerships were very unique as this was a cloistered audience of participants that were confidential/closed to the public/settings/activities, and outsiders were not used in the training. However, the partners included Volunteer Mobile, Mobile works, Ross Enterprises, Goodwill Ester Seals, Sybil Smith Family Village, University of Mobile Mgmt Class, Penelope House, Mobile Co Personnel System, U.J. Robinson Adult Day Care Center (278 adults); (e) four-hundred (400) Job Hunting Kits for Youth Summits and three exhibits - two of which took place at National Conferences (SRDC) and AEA (500), and (f) four Job Readiness programs for Sr. High student (30 in Morgan County. (2,622 contacts, plus 400 resources disbursed).

Internet Based Programs: The Workforce Education and Career Assistance Network for You (WECAN4U) is a workforce preparation Internet website. The website was created to provide workforce preparation and related information to users. It was designed as a result of a Multi State Agreement between the Alabama Cooperative Extension Specialist and her counterpart at West Virginia State College (Land Grant Program). The short-term measurement has already seen approximately 5,800 hits since its inception in May 2000. The site designers have been awarded a \$10,000 grant for site enhancement. The Specialist also received an Innovative Program Award in the Technology & Data Management category and exhibit of "WECAN4U" website at the June AEA National Conference in Atlanta. (5,800 contacts)

Senior Programs: The Specialist provided support in other ETPS to promote seniors in the workforce and volunteering. Partnered with Area Agency of Aging at TARCOG to train thirty seniors at the "Successful Aging Initiative: A Senior Expo," to be aware of current and future employment volunteering opportunities. (300 brochures) "Employment & Volunteer Opportunities for seniors," Also exhibited at the Urban Rural Interface Conference in April on same subject (100.) Distributed 200 brochures at the "4th Annual Family Conference". Exhibited at the "Grandparents" Conference. Distributed 150 brochures. (150 contacts).

Economic Development Programs are programs that inspire economic empowerment. Although, many of the workforce programs could easily fit into this category, programs such as entrepreneurship and direct economic focused programs are highlighted. (a) Houston County in partnership with Toy State Business Center presented a complete entrepreneurship program; NxLevel Business Class to 29 potential minority business owners, with 21 completing the ten week course; Houston County also partnered with Schmitz Auto Group, Minority Business Development Committee and Dothan Chamber of Commerce to present a national seminar "Race for Success", which 229 potential minority business owners attended to assist in minorities exploring more opportunities in the Southern region of Alabama and or create a business incubator. Montgomery County presented a six-month hands on entrepreneurship-financial independence-business ethics program for "Students in Free Enterprise (SIFE)", Carver and William Elementary Schools and the Montgomery Job Corp (500) There were 758 contacts.

C. Impacts and Benefits to Direct Clientele and to the Public

Counselors and Board of Education Officials continue to be very positive about the influence of the Youth Career Summits. Hierarchical surveys of Counselors find that Counselors agree that most students who have not made up their mind about careers usually consider one of the careers presented at the Summit. Surveys show that seventy-five percent of the student surveyed after the Youth Career Summit answered "yes" to the question: "Do you think you will pursue a career in one of the technical areas you learned about during the Youth-Career Summit?" A fraction more than three fourth responded "yes" to the question "Will your involvement in the Youth Career Summit influence your decision to pursue a technical career." The fact that 15% of women in 2000 held the high wage high skilled jobs that the Summit promotes is an indication of the immediate need for the program.

Welcome to the Real World continues to get between 95 and 97 percent approval rating from the participants, the professionals and the volunteers. This instrument is a wake up call to the youth that think they can manage money and make earnest decisions about their lives, career choices and financial well-being. Two-thirds of the students overall have considered a career change after the activity. Instructors often use this curriculum in conjunction with financial management, career development and mathematics classes. A County Agent from Lowndes County commented in her success that the students ". . . learned Money Management practices, how to write a check, the importance of saving and to be aware of salesmen." A Talladega County Extension Agent noted comment: "The WTRW really helps students to have a better appreciation for the value of money; this is an excellent way to teach money management."

Job Readiness Programs and resources have fostered confidence in many of the adults that complete the many programs that Extension provides by equipping them with handy workforce preparation tools such as The Job Hunting Kit. The booklet provides a simple and complete guide for selecting the proper resume to use, practicing for interviews, knowing how to answer the questions that most employers ask, how to write simple application cover and interview response letters. "The Job Hunting Kit" is used as a requested resource to radio listeners in one of the local employment related radio programs in conjunction with the University's TV station program. Over 1000 were given away last year by request and accompanying job readiness programs.

Internet Based Program: The WECAN4U workforce preparation Internet website is being used. The majority (one half) of the hits are occurring in Alabama in the employment sector, followed by 250 hits in the area of workforce certification and education training programs. The CSREES \$10,000 grant will further market the site in selected areas of Alabama and West Virginia as well as expand the site's capability. The Specialist also presented the Website at the SRDC - CRED National Conference in Orlando and at the AEA Conference in June 2003. A copy of my article is attached that was featured on the ACES home page in July. 250 manuals and 300 brochures were given out)

Senior Programs: The Specialist partnered with Top of Alabama Regional Councils of Government (TARCOG) and the Retired Seniors Volunteer Program (RSVP) programs and have developed a brochure that focus on Senior volunteerism and employment. This brochure is given to professionals and clients during conferences and tables of exhibits. Approximately 1200 have been distributed to senior related programs.

Economic Development Programs have been awarded both financial and other gifts to present programs: They were: The City of Dothan donated the use of the Civic Center, Wallace Community College provided \$10,000 Technology Grant, local colleges, business and industry donated \$300.00 for exhibit space, Schmitz Auto Group provided 26,000 to host Franchise Seminar in Dothan, Dothan Chamber of Commerce provided \$10,000 to assist hosting Seminar Race for Success, and the Seminar itself provided speakers from the National Small Business Administration from Washington, DC.

D. Fiscal and Human Resources

Six reporting ACES employees worked with the WTTRW Project using over 650 volunteers. Each volunteer spends 3 hours at each activity, based on the average time that it takes for each WTTRW activity. The amount of money that you would pay for the volunteer time amounts to over \$1,800 at the \$10.00 an hour cost. Industry and Social Service agency also donated, by proposal and gift, the amount of \$5,000, along with facilities and manpower, to present the Youth Career Summit. Drake Technical College provided the facility, Virginia College provide lunch for 300 for Summit 2003, along with \$900 in grants from Boeing and Community Action. Houston County's total donations for the Youth Career Summits and the Economic Development programs were \$50,000, plus the cost of speakers.

E. Program Visibility, Exposure, and Future Plans:

A videotape of the Madison County Mayor's interview regarding the Youth Career Summit, in which she took part, is available. This broadcast ran on Huntsville's WHNT. It will be a part of a marketing video that will be used for further exposure of the Youth Career Summit. The "Works for Me" curriculum, co-authored with Dr. Carol Centrallo, published in January of 2003, is being used by agents and community facilitators (Calhoun). Further marketing feedback is expected within 2004. It was exhibited at the National SRDC-CRED Conference in Orlando, Florida in March and many orders were taken. Welcome to the Real World has been updated with current IRS charts, job titles, and transportation, housing, utilities, etc. information.

In 2003, over 300 of the WECAN4U Internet website training guides have been given out at conferences, exhibits and the AAMU radio station, which also has a supply of the Job Hunting Handbook for listeners. It is also available as a value-added tool to enhance job readiness programs in several counties. Presented In-service Training in March 2003, where the Works for Me completed curriculum was presented to the Agents as well as the updated sections of the WTTRW manual.

In summary, the following contacts occurred: WTTRW 1,834, Youth Career Summit 2,225, Job Readiness 2,622, Seniors Programs, 150, Economic Development 758 (7,589). The WECAN4U website has amassed over 5,800 hits. The following totals have the non face-to-face contacts factored in the numbers: Urban Contacts were 111,593 and the rural contacts 124,625. Total Contacts 236,218.

ETP33A. Success Story – Franchising and Homebased Business Symposium
By ROSALIND R. JAMES

Purpose: To provide basic skills necessary to become an entrepreneur. Less than 1% of African Americans, Hispanics, and women own businesses in Dothan, Alabama. There is a great need for minorities to own their own business. The Alabama Cooperative Extension System have partnered with the Minority Business Development Committee to conduct the 2nd Annual Franchise and Home based Business Symposium in Dothan. It was held at the Wiregrass Museum of Arts. Objectives: (1) To provide knowledge about the practices of franchising, (2) To provide contact with successful franchise owners, and opportunities available in franchising (3) To provide a checklist of key steps to review when considering purchase of a franchise (4) To provide information on financial resources available through various financial institutions for home based/franchise businesses.

Impact: 10% of participants attended have started their franchise/Franchise Business. They include: Hampton Inn Hotel, Southern Temptations Tea House Restaurant, Sassy Shoes Store, Event/Promotion Company, Men and Ladies clothing store. Greatest Impact: Urban Regional Extension Agent Rosalind James introduced this program idea to The Dothan Area Chamber of Commerce, and played a leading role in the planning of the Franchise/Home based Business Symposium for the past two years. As a result of her

efforts, a Micro Loan Program has now been established to assist minorities and women with start-up funds to establish or expand their business. The Dothan Area Chamber of Commerce and local banks have put of \$300,000 to start the Micro-Loan Program. Qualified applicants can borrow up to \$10,000 with low interest rate. Other results: *78 people attended the symposium, *95% strongly agree to have the seminar again, *95% strongly agree that the symposium was educational, *90% enjoyed the workshop presenters, *100% were inspired by the motivational speaker Les Brown, *95% wants the symposium extended to two days.

ETP33A. Success Story – Project RIO (Re-Integration of Offenders) Serving Ex Offenders in Dothan Houston County (A Pilot Program)

By ROSALIND R. JAMES

Concerned citizens of Dothan/Houston County area, community partners have joined together and developed an employment referral system designed to reintegrate ex-offenders into the labor force. A project manager coordinates assurances of non-duplication of current services. Project RIO is a proactive employment assistance service that supports targeted ex-offenders both during incarceration and after their release. There is a multi-agency effort to assist the ex-offender in becoming a productive member of the community. Past experience indicates ex-offender's success in avoiding recidivism often depends on the following factors: (1) A place to live, (2) Freedom from drug and alcohol dependency, (3) Social support, (4) Appropriate employment. Community partners asked themselves these questions early in the process: Is the reintegration of ex-offenders really a valid concern in our community? Is this project worth the efforts? Consideration was based on these factors: (a) Unrealized possibilities and undeveloped talents cause a tremendous loss of Human capital. * Stronger, safer communities are a result, * It represents a reduction in costs to taxpayers. RIO is a state piloted funded program by the ADECA with a goal to reach 200 offenders per year. Community partners include: Alabama Career Center System/Dothan, Alabama Cooperative Extension System/ Alfred Saliba Family Services Center/ Houston County Community Corrections Services/ Wiregrass Rehabilitation Center/ Wallace Community College/ Department of Human Resources/ Department of Mental Health. Impact: Urban Regional Extension Agent Rosalind James provides money management classes weekly using the Urban Extension Curriculum "Works for Me." James also assists them in planning career goals in preparation for their new lifestyle and employment. Due to positive directions, and support from 30 mentors, 80% of offenders that attend the RIO program have lead a productive life. Urban Regional Extension Agent Rosalind James and Community Partners have been selected to conduct a seminar on "Project RIO" at the National Workforce Development Conference in Las Vegas in February 2005.

ALLOCATION OF FISCAL AND HUMAN RESOURCES

The following represents a composite allocation of fiscal and human resources for the Alabama Cooperative Extension System (Alabama A&M University and Auburn University only). In most cases this data has not changed significantly since the development of the AREERA Plan of Work. These numbers include both AAMU and AU fiscal resources from all sources. The FTE's exclude secretarial, clerical and other non-academic positions; they also do not include FTE's allocated to administration or program support.

<u>PROGRAM AREA</u>	<u>2004 ALLOCATION</u>	<u>FTEs</u>
4-H&Youth Development	\$ 3,651,999	37.71
Agriculture	\$ 9,409,386	122.50
Community & Environmental Development	\$ 561,260	29.99
Family and Community Programs	\$ 2,521,497	53.89
Urban Affairs & New Nontraditional Programs	\$ 3,248,277	35.80
Forestry and Natural Resources	\$ 2,521,497	29.19
ACENEP	\$ 1,962,563	143.73

STAKEHOLDER INPUT

The Stakeholder Input Process for the programs contained in the Alabama Cooperative Extension ARRERA Plan of Work remains essentially unchanged. The Alabama Cooperative Extension System has a very comprehensive stakeholder input process. The foundation of this process is the statewide network of sixty-seven County Extension Advisory Boards (CEABs) and the hundreds of county and state-level program advisory committees. Also within the state, Alabama Cooperative Extension System has five regional Agricultural Research and Extension Centers. Each of these centers has an advisory committee to provide direction for the research and extension programs at the centers. The eight Urban Extension Centers utilize the Urban Task Force as the mechanism for stakeholder input.

The following actions were taken to seek stakeholder input and to encourage stakeholder participation.

The Alabama Cooperative Extension System has a very comprehensive stakeholder input process. The foundation of this process is the statewide network of sixty-seven county extension advisory boards (CEABs) and the hundreds of county and state-level program advisory committees. Each county has a CEAB. The County Extension Advisory Board is an organized group of ten to fifteen respected, influential, and knowledgeable community leaders. Board members are progressive thinkers who believe that researched-based knowledge available through the county Extension office can be applied to help solve a wide variety of local problems. They understand how Extension education can be used in many different areas to improve the economic, physical, and social well being of all county residents.

The Board's primary mission is to assist the local Extension staff in the following manner:

- By identifying issues of widespread public concern within the county.
- By helping the local staff decide which of these issues should be addressed through Extension educational programs.
- By helping the staff establish priorities and plan a well-balanced, total Extension program.

The CEABs meet as needed during January through April of each year to carry out their mission and develop its report as outlined in the Extension Advisory Board section of this Handbook.

On April 1 of each year the County Extension Advisory Board Chairperson submits report to County Extension Coordinator. These reports are forwarded through the respective district coordinators to the System Staff Development and Community Programs Educator for analysis. The Staff Development and Community Programs Educator forwards compiled Advisory Board Reports to Associate Directors for Programs who distribute Advisory Board Reports to the state program leaders. The state program leaders insure that the System's programs adequately address the priorities identified by the CEABs.

The following highlights the process used by the recipient institution to identify individuals and groups who are stakeholders and to collect input from them.

In addition to the CEABs each agent has several program advisory committees, which assist in developing specific educational programs and in promoting these programs. There is also an Alabama Extension System State Advisory Committee (ESSAC), which meets several times each year to review the overall System plan of work.

The objectives and priorities identified by the CEABs, PACs and ESSAC are reflected in this plan of work and implemented through numerous Extension Team Projects (ETPs). One or more Extension specialists who have responsibility for the specific subject matter area(s) addressed within the ETPs chair each ETP. Each ETP also has an advisory committee consisting of agents and clientele.

Within the state we also have five regional Agricultural Research and Extension Centers and each of these centers also has an advisory committee to provide direction for the research and extension programs at the respective centers.

In addition to the many standing advisory committees and boards, the System has recently contracted with the Institute for Communicative Research at the University of Alabama to survey the various publics within the state to determine which programs to accentuate, which to modify, and which to eliminate. The longer-term objectives of this survey are to provide a basis for future planning, staffing and programming based on sound clientele/market research. This effort included extensive surveying of statistically valid samples of current and potential Extension clientele, as well as current System employees. Surveys were sent to all of the System's professional employees and 8,000 current and/or potential clientele (including 1,800 agricultural producers from the 1997 Alabama Census of Agriculture). The current System program priority areas of Agriculture, Forestry and Natural Resources, Family, Urban, Community and Economic Development, and Youth stratified the clientele sample. The state's Senators and congressional representatives, state legislators, and county commissioners were surveyed as separate populations to determine their feelings about which programs should be prioritized and which should be eliminated.

Statement of how collected input was considered:

The input collected from the CEABs, ESSAC, PACs, REC Advisory Boards, and the survey of all ACES employees and the two associate directors for programs and the four state program leaders reviewed 8,000 current and/or potential clientele. This input was instrumental in assisting them in defining the scope and breadth of the Extension Team Projects.

PROGRAM REVIEW PROCESS

The program review process for the programs contained in the Alabama Cooperative Extension ARRERA Plan of Work remains essentially unchanged. Alabama continues to employ program priority area teams as a primary mechanism for program review. In Fiscal Year 2000, program priority area review team members continued the process of evaluation of the content and relevancy of Extension programs. Each team engaged a through reexamination of the Extension Team Projects associated with each of the six priority area goals. This review generated the elimination of several Extension Team Projects while others were refined / combined for greater clarity and programmatic impact, and additional projects were added.

The process of continual review and assessment of Alabama Cooperative Extension programs has also resulted in a major restructuring of the program planning, implementation, reporting evaluation and accountability processes. Modifications to the program planning and development processes began in calendar year 2001; the implementation, reporting, evaluation and accountability components will begin in January 2002. The following bullets explain the key elements of the process.

1. Programs will be based on goals and objectives as defined and established in our 1998-2001 long-range plan of work that is posted on-line on the ACES Website.
2. Programs will be organized under a two-tiered system. The first tier consists of 20 to 40 "statewide major programs" (SMPs). These are the more generalized areas in which we focus our efforts. The second tier consists of 1 to 5 more specific "Extension team projects" (ETPs) under most SMPs. The ETPs are those areas within each SMP on which we are going to focus our evaluations and ultimately our measurable benefits to society.
3. We recognize that not all that we do will result in measurable impacts. Therefore, our overall target is to devote approximate one half of our total System efforts (FTEs) to Extension team projects and the other half to more general educational efforts under the respective state major program areas.
4. Accountability for the work (FTEs) that is not part of a specific Extension team project will be through annual unit narrative accomplishment reports. These annual accomplishment reports will be done at the county-level, district-level, departmental-level and ultimately at the state program leader level.
5. Information for the respective unit accomplishment reports will come primarily the individual employee performance appraisal process and documentation.

The document explaining the new ACES program planning, reporting, evaluation and accountability process (i.e. the SMP/ETP process for 2002) is now online at:
http://www.aces.edu/department/acesadm/plan/ACES_program_planning.htm

INTEGRATED RESEARCH & EXTENSION ACTIVITIES AND MULTISTATE EXTENSION ACTIVITIES

The Guidance from CSREES references Sections 105 and 204 of AREERA. Those sections, respectively, amended the Smith-Lever Act by requiring institutions receiving extension formula funds under sections 3(b) and (c) to expend a defined percentage of said funds for Multistate Activities and for Integrated Research and Extension Activities. This section of the Annual Report of Accomplishments and Results will specifically address these requirements.

The Alabama Cooperative Extension System and the Tuskegee University Cooperative Extension Program are aware that the requirement to document Multistate Activities and Integrated Research and Extension Activities applies to both 1862 and 1890 institutions. However, given that AREERA does not require recipients of federal funds that derive from sections 1444 and 1445 of the National Agricultural Research, Extension, and Teaching Policy Act of 1977 to adhere to the formula provisions, the following applies primarily to Smith-Lever 3(b) and (c) funds. The Alabama AREERA Plan of Work does note planned Multistate Activities and Integrated Research and Extension Activities funded from sections 1444 and 1445 of the National Agricultural Research, Extension, and Teaching Policy Act of 1977.

'Option C' was selected in the Alabama Cooperative Extension System Multistate Activities and Integrated Research and Extension Activities Plan. The Fiscal Year 2001 target for Multistate and Integrated Research and Extension Activities supported by Smith-Lever 3 (b) and (c) funds was set at 9.8% (\$638,492.00), and is the target for the remainder of the planning and reporting cycle.

Fiscal shortfalls have negatively affected our capacity to realize significant percentage increases in the amount dollars expended for Multistate and Integrated Research and Extension activities. In spite of fiscal shortfalls some increase in the total dollar amount of Smith-Lever 3 (b) and (c) funds expended on Multistate and Integrated Research and Extension Activities has been realized. Expenditures for FY 2004 were \$763,817.00, exceeding the target by \$125,325.00.

Below is the SUMMARY OF INTEGRATED RESEARCH & EXTENSION AND MULTISTATE ACTIVITIES FOR FY 2004 WITHIN THE ALABAMA COOPERATIVE EXTENSION SYSTEM, as contained in the Alabama Multistate Activities and Integrated Research and Extension Activities Plan. The Summary provides a description of the Multistate Activities and Integrated Research and Extension Activities supported by Smith-Lever 3(b) and (c) funds. The document is divided into Agronomy, Animal and Dairy Sciences, Poultry Science, Pest Management, Horticulture, Wildlife, and Agricultural Economics, and Aquaculture sections.

NOTE: Consistent with the Final Guidance issued by CSREES, the portion of the Smith-Lever 3 (b) and (c) funds that are used by the Alabama Cooperative Extension System for Integrated Research and Extension Activities are also employed to satisfy the Multistate Activities requirement. Therefore, the summary below is for BOTH!

CSREES continues to cite excessive length as an issue that states should address. Therefore, In the interest of brevity and consistent with the most recent report preparation instructions summary information is provided by major disciplinary areas.

**SUMMARY OF INTEGRATED RESEARCH & EXTENSION ACTIVITIES AND
MULTISTATE EXTENSION ACTIVITIES FOR FY 2004
THE ALABAMA COOPERATIVE EXTENSION SYSTEM**

Agronomy

The Alabama Cooperative Extension System has seven state specialists (Charles Mitchell, Charles D. Monks, Mike Patterson, Dallas L. Hartzog, James Hairston, Don Ball, and Charles Burmester) on joint research-extension appointments. These specialists are involved in the following integrated research and extension activities:

The objective of this program area is to teach agricultural producers how to apply research-generated information and knowledge to facilitate sustainable field crop production based on best management practices that are environmentally safe. The subject areas covered in this area of specialization include soils and fertility, land preparation, tillage systems and equipment, irrigation systems, variety and cultivar selection, harvesting and handling, pest management (to include insects, weeds, nematodes, and diseases, as well as integrated pest management), farm safety, biotechnology, best management practices and regulatory practices for all agronomic field crops.

Total expenditures for both the integrated research and extension activities and multistate activities are \$221,583.00 each.

Animal and Dairy Science

The Alabama Cooperative Extension System has five specialists (Frank Owsley, Robert Ebert, William Jones, Lisa Ann Kriese-Anderson and B. R. Moss) on joint research-extension appointments. These specialists are involved in the following integrated research and extension activities:

The objective of this program area is to teach animal producers and owners how to apply research-generated information and knowledge to facilitate animal production and management systems based on best management practices that are environmentally safe and promote commonly accepted animal welfare standards. The subject areas covered in this area of specialization include genetics, reproduction, nutrition (to include forage production), disease and health issues (to include parasites and insect control), economics

(to include BCIA and DHIA), and all types of regulatory issues. This area of specialization includes both commercial production of food animals (beef, dairy, swine, poultry, sheep, goats, ratites, rabbits, etc.) and non-commercial management of companion and pet animals (horses, dogs, etc.).

Total expenditures for both the integrated research and extension activities and multistate activities are \$163,729.00 each.

Poultry Science

The Alabama Cooperative Extension System has two state specialists (S. F. Bilgili) on joint research-extension appointments. These specialists are involved in the following integrated research and extension activities:

The specialist in this assignment was assigned to another area on 2005; however, this specialist has been reassigned to this area in 05. Total expenditures for both the integrated research and extension activities and multistate activities are \$.00 each.

Pest Management

The Alabama Cooperative Extension System has three state specialists (Kathy Flanders, James Weeks and Edward Sikora) on joint research-extension appointments. These specialists are involved in the following integrated research and extension activities:

The objective of this program area is to teach agricultural producers and homeowners how to apply research-generated pest management information (to include insects, weeds, nematodes, diseases, and invasive plants, as well as integrated pest management) and knowledge to facilitate best management pest management practices that are environmentally safe. The subject areas covered in this area of specialization include integrated pest management, pesticide applicator training, pesticide safety training, biotechnology, and related pest management topics. This program area also includes our work in biological and chemical control of fire ants.

Total expenditures for both the integrated research and extension activities and multistate activities are \$69,000.00 each.

Horticulture

The Alabama Cooperative Extension System has three state specialists (Will Goss, Ken Tilt and Joseph Kembel) on joint research-extension appointments. This specialist is involved in the following integrated research and extension activities:

The objective of this program area is to teach horticultural producers how to apply research-generated information and knowledge to sustain commercial horticultural production using best management practices that are environmentally safe. The subject areas covered in this area of specialization include soils and fertility, land preparation, tillage systems and equipment, irrigation systems, variety and cultivar selection, harvesting

and handling, pest management (to include insects, weeds, nematodes, and diseases, as integrated pest management), farm safety, biotechnology, best management practices and regulatory practices for all types of commercial horticultural crops.

Total expenditures for both the integrated research and extension activities and multistate activities are \$62,493.00 each.

Wildlife

The Alabama Cooperative Extension System has two state specialists (James Armstrong and Lee Stribling) on joint research-extension appointments. These specialists are involved in the following integrated research and extension activities:

The objective of this program area is to teach private landowners and the general public how to apply research-generated information, and knowledge to enhance and improve their forestry, wildlife and natural resources production and management systems based on best management practices that are environmentally safe and sustainable. The subject areas covered in this area of specialization include forestry, urban forestry, silviculture, land management, wildlife management, forest resource economics, agroforestry, environmental issues, water issues, endangered species, invasive plant issues, conflict management/resolution, rural/urban interfaces, public policy and all types of regulatory issues. This area of specialization also includes education programs for commercial loggers, as well as the Treasure Forest Program, the Master Wildlife Manager Program, the Sustainable Forestry Initiative, the Urban and Community Forestry Partnership, the urban program on Human Dimensions of Urban Forestry, the Urban Environmental and Water Quality program, and numerous other forestry, wildlife and natural resources programs.

Total expenditures for both the integrated research and extension activities and multistate activities are \$96,677.00 each.

Agricultural Economics

The Alabama Cooperative Extension System has three state specialists (James Novak, Walter Prevatt and Eugene Simpson) on joint research-extension appointments. These specialists are involved in the following integrated research and extension activities:

The objective of this program area is to teach private farm owners and managers how to apply research-generated information and knowledge to better manage their farms and agri-businesses. The subject areas covered in this area of specialization include farm/business management principles, financial management (to include income statements, balance sheets, and cash flow analysis), risk management, marketing risk management (to include commodity marketing, supply and demand factors, hedging and futures trading, and marketing tools), production risk management (to include crop insurance, use of technology, land leasing, etc.), managing human resources, estate planning, farm liability, legal issues, and debt management. One of the primary focuses of this program is working with the farm analysis associations and the regional Agents working in this area may also serve as fieldsmen for the farm analysis associations.

Total expenditures for both the integrated research and extension activities and multistate activities are \$135,827.00 each.

Aquaculture

The objective of this program area is to teach aquacultural producers how to apply research-generated information and knowledge to facilitate aquacultural production and management systems based on best management practices that are environmentally safe; and to teach private pond owners how to manage their ponds in a manner that will meet their recreational objectives. This program area also includes the Alabama Sea Grant Program, which focuses on marine resources and coastal issues. The subject areas covered in this area of specialization include genetics, reproduction, nutrition, disease and health issues, economics and all types of regulatory issues. This area of specialization includes both commercial production of all types of aquatic species (catfish, tilapia, shrimp, oysters, etc.) and non-commercial management of recreation fish species.

Total expenditures for both the integrated research and extension activities and multi-state activities are \$12,508.00 each.

TUSKEGEE UNIVERSITY COOPERATIVE EXTENSION PROGRAM ANNUAL REPORT, 2004

INTRODUCTION

For over 120 years, the philosophy of “reaching the unreached and serving the people left behind,” has been at the heart of Tuskegee University Cooperative Extension Program. Tuskegee University Cooperative Extension Program’s (TUCEP) mission is: **To help educate and provide research-based educational programs designed for life-long learning and to assist limited resource families, both urban and rural and other groups and organizations, to improve their quality of life in a technological global society.**

Today, TUCEP participates in carrying out a comprehensive statewide Cooperative Extension Plan of Work. However, TUCEP continues to focus its major efforts in 12 of Alabama’s Black Belt counties. Historically, this area has a high proportion of African Americans who constitute a majority or near majority. Of additional significance is the high concentration of African Americans living in small towns and unincorporated areas. Like other rural areas, there is a severe shortage of good jobs and economic opportunities. In fact, underemployment and unemployment remain the daily ingredients for high poverty rates in the areas. These factors alone breed poverty conditions. Also, TUCEP participates in multi-state programs. The primary service area is predominantly rural, with the exception of Montgomery County, which encompasses the state’s capital.

Programming must remain dynamic in order to enable people to improve the quality of their lives and transform their communities through the application of educational research-based information. This means that things must be constantly changing to meet the needs and priorities of the people served by the program. As reflected in the Plan of Work, TUCEP provides a variety of educational programs in the areas of agriculture and natural resources, community and rural economic development, youth development, nutrition education, food safety, health education, and other areas of human services as dictated by needs and priority of the people served.

Hence, TUCEP completes its seventh year of implementing Extension Team Projects. This Extension educational process provides for diversity and measurable impacts. It is understood that Extension Team Projects constitute only a portion of the work done in Extension. Specialists and agents contribute a significant amount of their time to work unique to the counties and areas in which they serve, and this work may not be a part of a pre-defined, statewide Extension Team Project.

The six Extension Team Projects for 2004 were: (1) Assisting Small-Scale Farmers and Landowners to Manage Change in Agriculture, (2) Enhancing Citizen’s Capacity to Transform Their Communities, (3) Integrated Natural Resources and Environmental Education, (4) Alabama Entrepreneurial Initiative (AEI): A Strategy for Workforce

Development, (5) Healthy Food Choice and Preparation, and A System's Approach to Food Safety, and (6) Promoting Healthy Behavior.

Professional development is a very important aspect of the Cooperative Extension Program at Tuskegee University. In conjunction with the Division of Continuing Education Program at Tuskegee University, specialists, agents, and support personnel participate in professional development activities. Some of these activities include: (1) Telephone Etiquette for Enhancing Organizational Effectiveness, (2) Managing Chaos: How to Set Priorities and Make Decisions Under Pressure, (3) Power Point, (4) Project Management, (5) Business Etiquette for Advancing Your Organization, (6) Making the Transition from Staff Member to Supervisor, (7) Managing Conflict and Team Building, (8) Grant Writing Workshops, and (9) Workplace Harassment Issues: Practical Guidance for Identifying, Preventing, and Eliminating Workplace Harassment..

While TUCEP specialists, agents, and support staff members participate in a variety of professional development activities, their participation is mandatory at quarterly conferences. The 2004 Spring Quarterly Conference addressed programmatic issues relative to Extension Team Projects, and the 2004 Summer Quarterly Conference addressed strategic planning and implementation.

The purpose of the quarterly conference is to bring together the Cooperative Extension and Continuing Education Program staff to review issues that are pertinent to its mission and train for specific work-related job skills.

The specific objectives are to: (1) review the strategic plan and action items in the Plan of Work, (2) identify new challenges and opportunities for the program, (3) provide needed in-service training, and (4) review pertinent issues relative to Equal Employment Opportunity-Affirmative Action affecting personnel and program.

The Annual Farmers' Conference was held February 26-27, 2004. This marked the 112th year. The theme was: **Creative Solutions for Small Farm and Rural Communities**. The objectives of the conference were to: (1) share up-to-date information relevant to small-scale farmers and landowners involved in production of traditional and alternative agricultural products; (2) create awareness about family health, nutritional challenges, and existing resources for rural families; (3) provide research-based information in a consumer adaptable format; and (4) strengthen networks and partnerships that address problems of small-scale agriculture and rural communities.

The Annual Booker T. Washington Economic Development Summit was held October 6-8, 2004. The theme was: **Entrepreneurship and Business Development: Making a Difference in Minority Communities**. The objectives of the Summit were to: (1) enhance the leadership development and citizenship education in order to build a cadre of competent citizens who can strengthen and transform their communities; (2) create economic environments that support employment, productivity, diversification, and industrial expansion in rural and other target communities; and (3) educate and strengthen

youth, families, and communities to build home and community environments which support business and economic development in Alabama and the rural South.

TUCEP is a partner in the 62nd Annual Professional Agricultural Workers' Conference held December 5-7, 2004. The theme was: **Energy, AgriSecurity, and Outsourcing: Challenges and Opportunities for Community Connections.** This conference is designed to serve as a forum where participants review and discuss relevant topics on improving the quality of rural life for people in the South and the nation in general.

PROGRAM ACCOMPLISHMENTS, RESULTS, AND IMPACTS

TUCEP areas, accomplishments, results, and impacts are reported below. Participatory methodologies were used to achieve these accomplishments, results and impacts. The methods used were demonstrations, group meetings, workshops, seminars, clinics, mini-conferences, a major farmer's conference, an economic development summit, participation in the Professional Agricultural Workers' Conference, visits to the George Washington Carver Experiment Station, family homes, farms, and other Extension sites in the Black Belt and Alabama.

TUCEP Extension Team Projects are derived from the national goals included in AREERA Plan of Work.

Goal 1: An agricultural system that is highly competitive in the global economy. Through research and education, empower the agricultural system with knowledge that will improve competitiveness in domestic production, processing, and marketing.

Extension Team Project 28D: Assisting Small-Scale Farmers and Landowners to Manage Change in Agriculture

A. Description:

The objective of this ETP is to increase profitability and sustainability for small-scale farmers and landowners who continue to face production, financial and marketing challenges due to the size of their operations and other historical and environmental factors. Also, it addresses the issues of declining numbers of small-scale producers, and loss by small-scale farmers, rural communities being controlled by and/or left in the hands of a few, strategies for the survival of small-scale farmers, the challenge in organizing and maintaining small-scale farms, new marketing opportunities, new technology, a limited supply of fresh fruits and vegetables, and a growing concern relative to the use of chemicals, preservation methods and food safety.

This ETP focuses on farm techniques and strategies, farmers' markets, management of cattle and small ruminants, forest land management, and risk management, particularly in regards to adaptability and adoption for small and limited resource farmers and landowners primarily in South Central Alabama. This ETP covers plasticulture/horticulture, livestock production, cattle production, meat goat production, integrated pest management, risk management, forestry and landowners' management, and biotechnology.



The impact of uniformed decisions on farms in general, and small-scale farms and land-based production units, in particular makes it imperative for owners of these rural enterprises to understand the basic nature of changes in agriculture and the economic environment.

It is also important to understand and be able to use tools, strategies, and techniques that are more applicable to this group of producers in order to increase profitability and sustainability, while reducing related risks.

These objectives are achieved through group meetings, farmer surveys, home and farm demonstrations, extension teleconferences, newsletters and circular distributions, farmer market days, the Annual Farmers' Conference, the Annual Professional Agricultural

Workers' Conference, and special youth educational and assistance programs. Also, special one-on-one assistance is provided through county agents and specialists in cooperation with Tuskegee University's Small Farmer Outreach Training and Technical Assistance Project and the Rural Business and Economic Development Program sponsored by USDA.

B. Action and Activities Carried Out:

TUCEP on-farm field trial demonstrations in Barbour, Bullock, Dallas, Macon, and Montgomery Counties. The different crops grown included: cowpeas, corn watermelons, tomatoes, peppers, sweet potatoes, squash, and sugar cane.

In Lowndes and Wilcox Counties. Contact data reveal that 840 Black males, 225 White males, 512 Black females, 183 White females were involved in this project.

A new technique, plasticulture, is being introduced to a large number of farmers in Lowndes and Wilcox Counties to promote and encourage the production of vegetables. Two new plasticulture demonstration projects were implemented in Lowndes County. A variety of vegetables were planted including okra, squash, peppers (bell and hot), beans and tomatoes.

Five plasticulture fall projects and two conventional fall planting were installed in September 2004 in Lowndes and Wilcox Counties. A total of approximately 20,000 collard plants were put in place. These demonstration plots were located in Burkeville, White Hall, Fosteria, Mt. Willing, Furman, and Mosses.

This new technology (plasticulture) of vegetable production provides: (1) increased production 2-3 times more than produced on dirt, (2) a better quality of fruits and vegetables, (3) conservation of water, (4) conservation of fertilizer, and (5) conservation of farm land.

In Macon and Montgomery Counties, with the assistance of the Macon and Montgomery Counties Extension Program and other agencies, twenty-three home garden visits were made. These visits included eight home horticulture meetings on fruits and vegetables, passing out information on various cultural and production practices, and a passing on of the gift project. Also, three goat projects were established. Other activities included: planning the 24th Jodie Blackwell Beef Management clinic and family outing/training meeting, planning and conducting the C (Mac) Johnson Farmers Market Day, planning and conducting twelve MCFO board and membership meetings, selecting three farmers to participate in agro-biotechnology field trials, preparing progress and financial reports to be submitted to the Heifer International Project, attending and preparing for eleven Macon County Farmers' Market meetings, conducting the 4-H Beef Calf Show and related activities, including three method demonstrations on herd health and castration for beef cattle.

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

Lowndes and Wilcox Counties. As a result of the demonstration projects in plasticulture, farmers were able to provide a very fresh supply of vegetables to their families, and at the same time increase their farm profits. Collards sold for \$.50 to \$1.00 per plant, depending on their size. For example, on an one-half acre plot, 2 crops of peas were grown. The yield of crop one was 70 bushels; the yield of crop 2 was 54 bushels. This was followed by a fall collard green planting of approximately 5,000 plants with a survival rate of about 90 plus percent, or about 4,500 plants at \$.75 to \$1.00 per plant. Several market techniques were used to sell the vegetables: roadside markets, direct farm sales, delivery sales, and wholesale.

Further, in an effort to increase consumption of fresh vegetables and promote vegetable production and sales, Extension, along with the State Health Department (WIC Office), the Senior Citizen Nutrition Program, Alabama Farmers Market Authority, and the County Commission, established four farmers' markets over the last four years.

Area farmers who are supplying fresh vegetables to citizens in the Lowndes and Wilcox Counties service these markets. Evidence shows that this effort is profitable, because it encourages the purchase of locally grown fresh vegetables directly from the farmers by senior citizens, WIC mothers, and other citizens. All markets in Lowndes and Wilcox Counties accept coupons and cash sales for the purchase of fruits and vegetables from the farmers' markets.

Livestock Cattle Production. In Lowndes and Wilcox Counties, there are a large number of individuals who raise beef cattle as a major farming enterprise. TUCEP, in conjunction with the ACES and local feed dealers, worked with a group of 62 beef cattle producers to improve herd genetic and to increase marketing option possibilities within beef cattle herds. This program is in its second year. For participating farmers, some of the accomplishments and impacts were: (1) replacement of heifers to increase herd numbers, (2) weaning weights increased and farmers were selling and marketing higher quality, and (3) more uniformity in herd.

Methods or techniques to accomplish this concept were: (1) artificial insemination, (2) use of EPD's, (3) monitoring weights of cattle to be bred (daily average gain), and (4) complete feed rations.

Livestock Production in Dallas and Perry Counties. Producers of livestock are beginning to change their approach and attitudes toward livestock production, because beef cattle production is a means of survival for many small farm families throughout Dallas and Perry Counties. Most of these beef cattle producers are losing thousands of dollars annually due to poor management. Poor production management is more costly for small and limited resource producers. For every dollar that beef producers invest into their beef herds, they need to be getting two dollars in return. Many of these producers are losing money due to parasites, poor nutrition programs, marketing strategies and poor or no record keeping systems.

Sixteen new livestock producers requested assistance in developing business plans and record keeping systems for their livestock operations. Twenty-one beef producers continue to improve their skills on beef herd management, which includes improved breeding stock, herd health, control breeding programs and marketing. Five beef producers in Perry have adopted the concept of co-mingling calves in efforts to increase the number of calves for sale to private buyers for an increased price per calf. Most calf sales are on an average between 78-85 cents per pound. However, by using the co-mingling market strategy, these five producers were able to improve market prices for their calves by 16 cents per pound from private sales. During the past year, 37 limited resource beef and goat producers have had soil test taken on their pastures. Nineteen of these producers had soil tests taken for the first time since either purchasing, leasing or acquiring the land as heirs. There continues to be a significant increase in the number of young men and women in Dallas and Perry Counties who are seeking to capitalize on the meat goat enterprise.

During the past two years, there has been an increase in meat goat production in Dallas and Perry Counties, respectively. Many of the new goat meat producers have less than two years of experience. However, there are several producers who have been raising goats for a number of years, and who were able to increase their farm income by selling goats. On average, most meat goats sell for \$1.00 to \$1.35 per pound live weight. The average meat goat weight is 50-60 pounds; therefore, most of these producers are getting between \$50.00 and \$81.00 per head for goats. As a result, some goat producers are adding an additional \$2,700.00 to \$2,800.00 to their farm income after expenses are paid.

In Macon County, funds were received to provide training, education and breeding stock to the beginning goat farmers. Goat farmers in Macon County are continuing to expand. A Goat Day was held on the campus of Tuskegee University. A registered purebred Boer Buck and a LGD Great Pyrenees Guard Dog were purchased.

Dallas and Perry Counties. Workshops and seminars were held in an effort to assist fruit and vegetable growers in Dallas and Perry Counties with major production problems. In Dallas County, a total of 587 males and 219 females participated in the workshops and seminars. In Perry County, a total of 383 males and 138 females participated in the workshops and seminars. TUCEP collaborated with the Department of Agriculture and Industries to assist 23 fruit and vegetable growers to adopt plasticulture to grow vegetables. Also, TUCEP collaborated with Alabama A&M University and Tuskegee University Experiment Stations to assist commercial vegetable growers with production problems by introducing vegetable growers to the use of Agriculture Biotechnology crop production with the use of Transgenic Seeds for sweet corn, squash, seedless watermelons, tomatoes, and pepper production. TUCEP continued to build on the existing working relationship with the Dallas and Perry Counties Health Departments and the Alabama Farmers' Market Authority. This relationship was to aid the fruit and vegetable growers in marketing their products, thus keeping the Selma/Dallas County Farmers' Market active. The market starts its fifth year of service to the people of Dallas County.

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

Dallas and Perry Counties. As a result of the leadership provided by TUCEP and cooperating agencies and universities, commercial vegetable farmers continue to make major improvements in production and family income. Twenty-six commercial vegetable growers continue to increase crop production with the use of plasticulture. On an average, each farmer reported an increase in production by 4-5 bushels per acre. The increase in production is a result of crops having enough water during different stages of growth as well as a decrease in weed and pest control.

An additional eight commercial vegetable farmers were certified in Dallas and Perry Counties to sell fresh fruits and vegetables at the Dallas and Perry Counties Farmers' Markets. The Selma/Dallas County Farmers' Market continues to have positive effects on the lives of many families in the area.

Reports from the Farmers' Market indicated that more than 500 Senior Citizens purchased fresh fruits and vegetables. Most of the Seniors purchased produce by redeeming vouchers, and others paid cash for produce. An on site survey of senior citizens during a market day was conducted. One question asked was: How has the farmers' market met your family needs? Most of the seniors stated that the farmers' market was a way for them to get fresh fruits and vegetables safe from pesticides unlike the supermarket produce. Also, it provided an opportunity for them to get exercise and see old friends.

As a result of the farmers' market senior citizens have changed their eating habits by eating more fresh fruits and vegetables. They have been able to address health issues such as high blood pressure, diabetes, cardiovascular diseases and colon cancer.

Approximately 45 senior citizens either started a new home garden or returned to gardening again this year. Some wanted gardening as a means of outdoor activities and produce. Other senior citizens wanted to grow produce for home consumption. Officials from the County Health Department stated that they are discovering that approximately 85 percent of WIC mothers (550) have improved their nutritional intake from the purchase of fresh fruits and vegetables with WIC Vouchers. There are some reports of increase in infant birth weights as well as overall health for more WIC mothers and adolescents. WIC mothers purchase more than 90 percent of all fresh fruits sold at the Dallas and Perry County Farmers' Markets.

There were 15 active farmers selling produce at the Farmers' Market this year. It is estimated that each farmer was able to supplement his family income on an average of \$10,000 to \$12,000 by selling produce at the market and directly from the farm.

Agro-biotechnology. With the inception of the Farmers' Markets, the plasticulture program and limited resource vegetable producers in Dallas and Perry Counties, there has been change in the disposition of small and limited resource farmers. Within the last two years, there has been an increase up to 31 new or revitalized small farms for small animals (goats and rabbits) and vegetable and fruit production. Youth are in training in Perry County to become future farmers in vegetable, beef, small animal production, and agri-business entrepreneurs.

TUCEP has worked with 15 limited resource farmers during the past three years in the use of biotechnology. Results have indicated that biotechnology has been beneficial in helping farmers to increase vegetable production with reduced or no pesticide treatments.

Unfortunately, stakeholders, policy makers, scientists, and the media in both the United States and in Africa are still challenging the use of biotechnology. Within the last 10 years, both research and Extension can and will make a difference for small farmers in the United States as well as in under-developed countries. With continued success with agro-biotechnology among small farmers, we will be able to convince the public that genetically modified foods will play a major role in finding answers for quality food production by small farmers worldwide. After three years of working with 15 limited resource farmers in Dallas and Perry Counties in the use of agro-biotechnology, 12 of the 15 farmers that participated in the study indicated that they are willing to change from the conventional ways of growing crops to transgenic ways of growing crops.

The advantages that farmers became aware of during the field demonstrations when comparing transgenic versus conventional crops were as follow: (1) an increase in production size and quality, (2) an increase in storage time after harvesting, (3) reduced pest problems (insects and weed), (4) reduced production cost for pesticide purchases, and (5) consumer satisfaction.

The disadvantages were: (1) lack of availability of seeds directly to farmers, and (2) seeds were too expensive.

E. Fiscal and Human Resources:

Lowndes and Wilcox Counties. TUCEP collaborated with the Alabama Department of Agriculture and Industries (Farmers' Market Authority of the State of Alabama), Mid-South RC&D, and the Natural Resources Conservation Service (NRCS) to implement these demonstration projects. TUCEP County Agent devoted 55 days to this project. Other agencies and individual devoted 15-plus days to this project. A number of businesses assisted in the sponsorship of meetings and local activities.

F. Program Visibility, Exposure, and Future Plans:

Lowndes and Wilcox Counties. A number of digital photos, news articles, magazine articles, fliers, and tours have been utilized to show the impacts and successes of these demonstration projects in plasticulture technology. The plasticulture project demonstrators are excited about the new technology, because it increases their production yields and profits. Therefore, this project will be continued. It is expected to expand over time. Also, this technology continues to maximize the use of the farmers' land resources for multiple uses as they learn new techniques to keep their land productive.

Abuja, Nigeria. In 2004, a team of Tuskegee University professors, researchers, teachers, and county extension agents attended a workshop in Abuja, Nigeria, on biotechnology. It was revealed that the problems and issues that exist for small or limited resource farmers in West Africa are similar to those of the small or limited resource farmers in the Alabama

Black Belt. There is a similar need for these farmers to produce a quality of produce at a rate of production that will allow these farmers to be able to sell their produce as small cooperatives in order to attract larger markets for increase sales.

Pest Management. In Lowndes County, TUCEP, in conjunction with ACES and the USDA-ARS, the Alabama Fire Ant Management Program has made four releases of Phorid Flies in Alabama as a biological control agent for imported fire ants. In 2001, flies were released in Lowndes County as a site in Lowndesboro. In 2002, additional information was collected from the site in Lowndesboro and from another test site in the area at Mt. Willing.

In 2004, data were collected from the two sites—the test site in Lowndesboro and from the test site in Mt. Willing. Assistance was provided with the gypsy moth project in Lowndes County. These moths are a serious problem in deciduous trees, larva strips foliage, often killing trees. Traps were placed in different locations around the county. The objective was to check to see if there were any gypsy moths present in the county. This activity involved a total of 51 participants—18 black males, 16 white males, 9 black females, and 8 white females.

A SPECIAL REPORT ON EXOTIC NEWCASTLE DISEASE: AN OVERVIEW

TUCEP continues its efforts in the dissemination of information on livestock bacterial, viral or prionic pathogens that constitute biosecurity risk to the Nation's livestock industry. In our Bioterrorism preparedness, TUCEP periodically conducts quarterly conferences and workshop training for all the county agents in the twelve primary Alabama Black Belt counties served. This reporting period focused mainly on Bovine Spongiform Encephalopathy or Mad Cow Disease (BSE) and Exotic Newcastle Disease (END) awareness and the prevention and control measures that farmers should take.

Also, at annual conferences, specialists reach out to small-scale livestock farmers, poultry producers, game bird keepers, and commercial back yard poultry farmers who attend our conferences from within and outside the State of Alabama.

The following is a summary of the workshop conducted on Exotic Newcastle Disease (END).

Exotic Newcastle disease (END) is a contagious and fatal viral disease affecting all species of birds. END is so virulent that many birds die without having developed any clinical signs. END can infect and cause death even in vaccinated poultry. Mortality is up to 90 percent of exposed birds.

Clinical Signs. End affects the respiratory, nervous, and digestive systems. The incubation period for the disease ranges from 2 to 15 days. An infected bird may exhibit the following signs:

Respiratory - sneezing, grasping for air, nasal discharge, and coughing
Digestive - greenish, watery diarrhea

Nervous - depression, muscular tremors, dropping wings, twisting of head and neck, circling, complete paralysis
Reproduction in or complete loss of egg production
Swelling of the tissues around the eyes and in the neck, and
Sudden death

Introduction and Spread of END. END is spread primarily through direct contact between healthy birds and the bodily discharges of infected birds. The disease is transmitted through the infected birds' droppings and secretions from the nose, mouth, and eyes. END can also be spread easily by mechanical means. Virus-bearing material can be picked up on shoes and clothing and carried from an infected flock to a healthy one. The disease is often spread by vaccination and debeaking crews, manure haulers, rendering-truck drivers, feed-delivery personnel, poultry buyers, egg service people, and poultry-farm owners and employees.

END can survive for several weeks in a warm and humid environment on birds' feathers, manure, and other materials. It can survive for very long periods in frozen material. However, the virus is destroyed rapidly by dehydration and by the ultraviolet rays in sunlight.

The United State Department of Agriculture (USDA) Animal and Plant Health Inspection Service (APHIS) is the Federal agency that takes the lead in eradicating END from the United

States and responding to any END outbreaks that do occur. However, in Alabama, one can contact the Alabama State Department of Agriculture.

Goal 2: *A safe and secure food and fiber system. To ensure an adequate food and fiber supply and food safety through improved science based detection, surveillance, prevention, and education.*

Extension Team Project 411: *Part I - Healthy Food Choice and Preparation, and Part 2 - A System's Approach to Food Safety*

A. Description:

Part I - Healthy Food Choice and Preparation. A significant portion of residents in the Black Belt counties of Alabama are physically inactive, overweight, and are not eating fruits and vegetables five or more times a day. This population has elevated blood cholesterol and is subject to risk factors causing chronic diseases. While many are eating a diet too rich in calories and fat, some are not getting enough calcium, folacin, or iron from their diets. Many Alabamians are not following the principles embedded in the **USDA Food Guide Pyramid** and are not balancing caloric intake with regular physical activities, thus creating the need for programs that will assist people in adopting lifestyle practices that will promote health and wellness.

Over half of Americans eat meals and snacks away from home on any given day, choosing foods that are higher in fat and saturated fat and have less calcium, iron, and fiber than foods prepared in the home. The fiber content of away-from-home meals is 25 percent less than that of home-prepared meals. The huge variety of convenience foods and meal choices available has increased the number of consumers at all economic levels and stages of the life cycle. These consumers have not had formal training in food shopping, food preparation, and preservation skills. Furthermore, of those practicing home food preservation are not aware of safer, more up-to-date practices. Because our food supply includes a bewildering array of foods, the ability to understand and use the information on a food label is increasingly important. Also, many consumers cannot understand this information or still only focus on a few items on the Nutrition Facts' panel.

The increased interest in ethnic foods, opportunities for eating out and a decrease in food skills offer opportunities for educational programs that emphasize how to make food choices both in the supermarket and for away-from-home meals, as well as teaching basic food preparation and preservation skills. Educational training programs are especially needed to target those consumers with fewer economic and social resources, those who might be food insecure, and those at vulnerable life cycle stages: teenagers, pregnant women, families with young children, single parents, the elderly, and caregivers.

The objectives for Part 1 of this ETP are to: (1) assist clientele to recognize their own risk of developing the prevalent chronic diseases; (2) assist participants to recognize the role of good nutrition in delaying or reducing the effects of chronic health problems;

(3) assist clientele to recognize the role of physical activity in wellness; (4) encourage clientele to adopt health promoting eating patterns; (5) encourage participants to use various recommended meal preparation techniques to provide quick healthy meals; and (6) enhance the ability of participants to demonstrate skills for basic food selection, preparation, and storage of food in order to provide a healthy diet.

Part II - A System's Approach to Food Safety. Food safety is an issue that needs the attention of everyone involved in the food system. Food safety education should be a high priority for producers, processors, government regulators, food handlers, food retailers, and consumers. For this reason, TUCEP has a unique opportunity to foster the development of a food safety education partnership, which not only provides safer food but also strengthens consumers' confidence in our nation's food supply. Government, agriculture, industry, academia, and consumers must work together on the issues of food safety.

Two issues will be undertaken in this part of the ETP. They are: (1) Issue 1 - Food borne illness, and (2) Issue 2 - Consumer awareness of production practices and their impact on food safety.

Issues 1 - Food borne Illness. Several reports indicate that millions of Americans become ill, and thousands die as a result of foodborne illness. The economic impact of foodborne illness, in terms of medical care, lost wages, and associated costs, is clearly in the billion of dollars per year. Food borne illness is more than just an occasional minor digestive upset. It can result in serious, life-threatening health problems such as Guillain-Barre Syndrome (paralysis associated with Campylobacter), and Hemolytic Uremic Syndrome (life-threatening kidney damage associated with E. Coli O157: H7).

Foodborne illness are not new, of course, But many factors have forced researchers to pay closer attention to food borne pathogens as a health risk. The first of these is growing knowledge about how pathogens are transmitted through food, as well as how they cause disease. Secondly, new pathogens are continually emerging (E. Coli O157: H7), and old pathogens reemerging (Salmonella). Thirdly, the elderly and immune-compromised are two groups that are growing in numbers and are more susceptible to food borne diseases. Lastly, several factors are creating opportunities for food borne illness including: (a) intensive agricultural practices, (b) complexity of the food production and distribution system, (c) concentration in the food processing industry, (d) increases in imported foods, (e) more convenience foods being prepared in advance, (f) more food being consumed away from home, and (g) a low level of food safety knowledge and practices by food handlers and consumers. Extension activities will be a broad, "farm-to-table, focus to the solutions of food safety problems. Taking careful multiple steps can ensure that real progress will occur in this project.

Issue II - Consumer awareness of production practices and their impact on food safety. To address the growing concern over food safety, Congress passed the Food Quality Protection Act in 1996. This act unified food safety rules for both fresh and

processed food. In addition, it promises to substantially change both the way food safety is determined and pesticide levels are regulated. Consumers need to become more knowledgeable of the relative importance of chemicals and microorganisms as they relate to food safety. Consumers and consumer advocacy groups also need to understand the practices being taken in agricultural production to provide a safe and abundant food supply.

The objectives of Part II of this ETP are that: (1) participants in the educational awareness program will recognize the shared responsibilities of the sectors of the food system. For example, short programs in production practices and food safety, general presentations to consumers (youth and adult audiences); food safety day; safety presentations, such as hand washing after handling animals, and displays such as game meat safety will be a part of this project; (2) participants in the educational awareness programs will identify food safety hazards (biological, chemical and physical) associated with food production, processing, distribution, preparation and/or service and will be able to identify at least one best management practice or critical control point. For example, volunteer cooks, thermometer displays or programs, game meat display, consumer calls, news articles, and newsletters will be utilized in this aspect of the project; and (3) participants in the educational awareness programs will implement at least one best management practice or critical control point. Programs in this area need follow-up. Some examples are: occasional quantity cook, food for profit, food safety basics, and other related programs with follow-up).

B. Actions and Activities Carried Out:

Extension activities in food safety, preparation, and preservation were carried out in Barbour, Bullock, and Macon Counties. Nearly 100 clients participated in these activities. In Barbour County, twenty Extension clientele participated in a yearlong workshop on identifying important nutritional factors/risks, which senior citizens have, and on becoming knowledgeable of the dangers involved in the storage of food. Sanitation, cross-contamination, and other food safety topics were discussed. Participants were given a pre-test relative to refrigerator storage. They were given the opportunity to discuss their answers and make corrections for accuracy. Thirteen participants participated in a one-hour workshop, held twice monthly, for six months, relative to risks associated with food borne illnesses/outbreaks. Fifteen participants participated in a workshop on food safety on a quarterly basis to learn more about ensuring food quality and safety.

For five week, 30 students participated in the Summer Youth College Program (SYCP) from 3:00 - 5:00 p.m., twice a week, to learn about best practices in food safety. Students were taught safe methods of food preservation (canning and storing). They were taught basic sanitation practices when handling food and how to prevent food borne illness.

Another youth activity was held at Bullock County Technical School in which 13 students participated for three weeks every Friday for one hour. This workshop was sponsored to help prepare the youth for the workforce. Role-playing was utilized to teach the participants how to interview for a job. They were taught the 3-P's of interviewing: prepare, present, and persist. They were taught to dress for success.

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

Participants learned best practices for handling foods to avoid/prevent food borne illness. This process included electrical failures, temperature storage, what causes food spoilage, kinds of food involved, kinds of microorganisms present, packaging materials used, food additives used, and methods of preservation.

Relative to the impact of the workshop on interviewing, participants learned that attitudes affect an interview, and if it is not checked it will create a problem in being hired and in being fired.

D. Fiscal and Human Resources:

Under the leadership of Family Life Development, this ETP was funded by TUCEP. Modules were used from FF-NEWS. Agents, specialists, and participants were involved in this ETP.

E. Program Visibility, Exposure, and Future Plan:

This ETP has good visibility, and it will be continued through 2006. The FF-NEWS is a multi-state project.

Church-Based Community Garden in Greene and Hale Counties: Special Report

What is a Church-Based Community Garden? A church-based community garden is self-sufficient in labor and management. The church-based community garden participants are seniors and community youth. Processing, a safe and healthy food supply, is a major concern for rural families, minorities, limited resources farmers, and micro gardening entrepreneurs. Families and individuals are concerned with food borne illness, pest control management, processing, and food preservation.

The target audiences were 75 rural church families and individuals, 35 church youth, 10 limited resource part-time farmers, and three small-scale gardening entrepreneurs in Greene and Hale County communities within the Black Belt of Alabama. Also, the local farmers' cooperative was involved in distributions and sales.

The need for this educational program grew out of local churches having dinners, summer feeding programs, and family reunions in their church kitchens. The church members were concerned with the issue of food borne illness, kitchen safety, and sanitation. Adequate food handling practices for younger generation were essential issues for local church members.

Several workshops were conducted in kitchen sanitation, personal hygiene, basic food preparation for nutrient retention, appropriate cooling and heating of foods, and ways to avoid cross-contamination to church members, youth and adult participants. Participants were introduced to eating and growing nontraditional vegetables (eggplants, cantaloupes, strawberries, and blueberries). Conducted training to youth by planting "theme" gardens that offered learning by doing in identifying the hazards and risks across the food chain from the garden to the table.

As a result of this training, participants were made aware of the importance of using basic sanitation practices when handling food, how to reduce waste, conserve nutrients, resources, and prevent food borne illness. Also, participants, especially youth, were encouraged to extend food safety training they learned to family members at home, in school settings, and in other communities.

Youth Programs for ETP 411 in 2004 were:

1. *Power-Up in Lowndes County.* TUCEP continues to provide computer training for elementary and high school students in Lowndes County. The major focus of this program is to narrow the digital divide.

2. *Summer Youth College (SYC).* The goal of the SYC program is to expose rising 7th and 8th graders to the college environment. Also, the SYC helps them explore various careers in Foods and Agriculture (F&A), and empower them to express their creativity, knowledge, experience and capabilities in a non-threatening classroom environment. This was accomplished by offering and implementing a 5-week varied comprehensive curriculum, which enabled the students to create the contents themselves. To effectively prepare students for Foods and Agriculture careers, it is important that faculty and staff communicate and share knowledge in a way that is most natural for today's students—computer technology. In a nation where interactive, teamwork and collaboration are the key concepts, computer application is used as a tool for communicating and building relationship to enhance the learning environment on campus.

The SYC program was offered to thirty rising 7th and 8th graders from Alabama and surrounding states such as Georgia, Tennessee, and Mississippi; from June 12th through July 9th last summer from 8:30 in the morning to 5:00 in the evening; Monday through Friday, for 5 weeks. Two county agents, a graduate student, a program coordinator, four student counselors and several volunteers from the community, faculty and staff helped to make the program a success.

The core programming exposed students to Careers in Foods and Agriculture through Pre-Post test knowledge of F&A careers which were administered. Courses taught emphasized the following: (1) emerging trends in agriculture: biotechnology, (2) natural resources and environmental management: 4-H Center, (3) foods, nutrition and food safety: food preparation and processing, (4) wealth creation in entrepreneurship and business development: gift baskets, and (5) human diversity and cultural appreciation: drumming and dancing.

Outcome and Impacts. All courses provided hands-on-learning experiences for the students, and some of the courses validated their everyday life experiences and what they have learned in school. The students were able to express themselves through short stories and poems, which were published. Educational field trips to the Blue Bell Ice Cream Plant in Sylacauga, Al, and an overnight stay at the Alabama 4-H Center in Columbiana for the environmental programs were every scientific and supplemental to their science classes. It made students experience the “aha” effect of knowing. During graduation, students prepared and used displays and demonstrations to illustrate what they had learned or experienced in the five weeks to invited guests, parents and guardians. Campus faculty and staff were satisfied and gratified for their voluntary experiences with the students. From students’ presentation and parents’ comments, the students learned a lot from the experiences given to them while in the program. Those who do not qualify to be in the program want to come back as mentors to the incoming participants. Several visits and interviews with the students showed that their interest in science has increased, and most of them have made presentations in their classes about the program to their peers. In wealth creation, a group of students paired up to create gift baskets instead of purchasing them for their families to save them money. A student made gift baskets with the jam and jelly that she processed for the grandmother’s birthday. Eighty percent of the students are still recording the temperatures in their refrigerators with the thermometers given to them in the Food Safety class. They call for advice when the temperature in their refrigerators goes higher than 40 degree.

3. *Wil-Low Project–Dollars for Scholars in Lowndes and Wilcox Counties.* The Wil-Low Dollars for Scholars Community Foundation is a volunteer organization. It is an affiliate chapter of the National Dollars for Scholars, established in 1994. The purpose is to expand the educational opportunities of students from Lowndes/Wilcox Counties by raising funds for scholarships, awarding financial assistance and awarding scholarships on a fair equitable and nondiscriminatory basis to deserving students.

Over eight years, a number of fund raising activities have been conducted to increase the Foundation’s scholarship fund. Board members and volunteers work together to accomplish this goal. Annual events include: Annual Trail Ride, Annual Walk-A-Thon, and the Souvenir Awards Booklet/Awards Program.

Scholarships were awarded to graduating seniors from the local high schools. Twenty-one scholarships were awarded this year at the 9th Annual Scholarship Awards Program, held May 1, 2004. A total of 140 plus scholarships have been awarded to students from Lowndes/Wilcox Counties. Future plans are to continue to work with volunteers and community people in fund raising activities to secure funds for the awarding of scholarships.

The Wil-Low Dollars for Scholar Board is very much interested in scholarship recipients' success and wants to be kept abreast of the progress of the scholars. Therefore, a survey was prepared and mailed to past recipients to determine their current status. This information will be used to evaluate the success of the program.

4. *Effective Parenting in Sumter and Hale County Counties.* Data indicate that there are 1,341 families/individuals who are female head householders with children under the age of 18. There are 211 male head householders, and there are 2,417 married couple families with low-income financial resources. Due to a variety of circumstance, many parents/individuals remain poorly prepared for the demand of parenting.

The target audiences are rural families/individuals, which are court ordered through the Department of Human Resources referrals, located in Sumter and Hale Counties within the Black Belt of rural West Alabama.

The need for this educational program came about as a request from the District Court Judge and the DHR director. Due to adult and teen age mothers that are living in situations where they only provide for the child, or children, but lack the knowledge and skills necessary to help them develop basic life skills and effective parenting strategies.

The 53 families (90 members) attended a weekly educational training workshop for 10 weeks using recommended practices for parenting. The participants were taught skills that relate to goal setting, modeling, self-esteem, courage, responsibility, and cooperation skills to promote interpersonal family relationships, discipline, traditional, modern methods, and building strong parent-child relationships. Several methods were used in this educational training workshop—open discussion, video tapes, skills were modeled on the videos, live modeling sessions were held in class, participants received handout materials, worked in small groups, completed homework assignments from the parent guide book, applied the skills in the classroom through practice, feedback, and encouragement to practice their new skills.

At the close of the 10-week workshop, parents were able to practice the new skills they had developed, and actually model and exhibited effective parenting skills, which they had learned. Their attitudes toward parenting had improved, and they really wanted to improve the quality of their life. This was evidenced by a pre and posttest assessment. The resources utilized were \$20,000 form the Children's Trust Fund and Children of the Village Funds. Personnel involved were DHR and TUCEP agents.

Goal 3: *A healthy, well-nourished population. Through research and education on nutrition and development of more nutritious foods, enable people to make health-promoting choices.*

Extension Team Project 413: *Promoting Individual Health*

A. Description:

Obesity is not only a problem in Alabama; it is an epidemic. According to the Alabama Center for Health Statistics (2003), more than 24.5 percent of adults are morbidly obese in Alabama (body mass index 30 or higher), and another 37.2 percent are overweight. Alabama has the highest rate of overweight/obesity in the nation. The facts are clear. Perhaps even more alarming is the fact that excess body weight is killing us. After cigarette smoking, obesity is the second leading cause of preventable deaths in the nation. Some studies suggest that obesity is already resulting in more preventable deaths than smoking. Obesity has been identified as a risk factor in more than 30 illnesses including cardiovascular disease, stroke, diabetes, gallbladder disease, gout, osteoarthritis, liver disease, sleep apnea, gastrointestinal disorders, certain types of cancer, infertility, depression, complications from pregnancy, and hormone abnormalities. Many of these conditions are improved or even eliminated with substantial weight loss. **Estimates indicate that 450,000 Americans die each year from weight-related diseases.**

Inactive lifestyle abounds in our modern society, which is filled with conveniences and laborsaving devices. Convenient, largely portioned, high fat, high calorie foods, and an abundance of sweets only make the problem worse.

The goal of this ETP is to provide resources and services to enhance the health and well being of all racial/ethnic and other under-served population groups, that is to help eliminate the disparity in health status of minorities, and to reduce the proportion of adults who are overweight and obese through the adoption of healthy eating patterns, counseling, and physical activity.

The objective of this ETP is to increase awareness among racial and ethnic minority groups (African-Americans, Hispanics, youth, and under-served Caucasians) in Alabama about the risk factors of heart disease, stroke, high blood pressure, obesity, diabetes, and cancer. These groups generally do not have the financial ability to afford regular medical care and are unable to discuss health concerns with a health care provider or understand available health education information that is available.

The intended outcomes of this ETP were that clientele would: (a) maintain reasonable weight by monitoring caloric consumption; (b) control diabetes through exercise, medication, and stress management; (c) know their blood pressure and cholesterol level

and reduce and maintain blood pressure and cholesterol levels; (d) reduce or stop smoking; (e) reduce the incidence of breast and cervical cancers among Asian-American women and other minority women; and (f) Practice personal health protection (e.g., immunization, self-examination, regular physical check ups, cholesterol screening, blood pressure, etc.).

The approaches used to assist clients in achieving this objective were: screening, education, group counseling, referrals, and collaborating with related health care agencies.

B. Actions and Activities Carried Out:

The various actions and activities listed were carried out in Barbour, Bullock, Macon, Marengo, Montgomery, and Sumter Counties. Various outreach strategies were used to accomplish the objectives of this ETP. They were: eight countywide health fairs; two coordinated broad-based comprehensive weight loss programs; forty-eight broad-based comprehensive programs on diabetes education; twelve workshops on cancer prevention; two exercise classes; one series of health classes for youth; distribution of 700 publications; one hundred and twenty-five bookmarks with health tips; fifty vouchers for Pat tests, clinical breast exams, and mammograms. Other activities include short presentations, home and office visits, mailing information, telephone contacts, etc.

1. *Subway Wellness: A Healthy Way to Lose Weight.* Barbour County is located in Southeast Alabama. The county has a population of 29,615 with about 50 percent White and 50 percent Black. According to the Alabama Center for Health Statistics (2003), one in four adults in Barbour County, or 27.3 percent is obese. Obesity is not just a problem in the county. It is practically an epidemic.

Obesity has been identified as a risk factor in more than 30 illnesses including cardiovascular disease, stroke, diabetes, gallbladder cancer, infertility, depression, complications from pregnancy, and hormone abnormalities.

Presently, Barbour County does not have any facility to meet the burden of obesity. This group of people needs opportunities for ongoing holistic health education programs. To meet the needs of these people, and to reduce obesity, in October 2003, TUCEP established a partnership with the Eufaula Subway and the local newspaper, The Eufaula Tribune. A program, "Subway Wellness: A Healthy Way to Lose Weight," was developed by TUCEP's Specialist, Dr. Habiba N. Shaw. It was decided that Subway would provide the facilities for the classes and The Eufaula Tribune would cover all publicity and promotion of the program. To promote the program, the

Eufaula Subway pledged to award \$1,000 to the participant who lost the most weight.

The classes started with 14 participants on January 13, 2004. After 12 lessons, eight participants lost an average of 10 to 15 pounds of body weight. One participant was taken off of her daily insulin injections by her physician. The moderate weight also reduced their blood pressure and lowered blood glucose. Dr. Shaw has been successful in completing a total of four groups. To date, 110 people have participated in the class with varying degrees of weight loss. In addition to the weight loss classes, the program included separate diabetes classes. Presently, 25 diabetes patients are enrolled in the diabetes program. The group also has a weekly support group.

The program has been well received. In fact, this has been one of the most successful, holistic, educational programs ever in Barbour County. The impact of the programs is very encouraging, and the public interest is overwhelming. There are at least 50 individuals waiting to be enrolled. Approximately 23 people are requesting evening classes. Several requests have been made for similar classes to other communities in the county. Some overweight/obese high school students are requesting to have classes after school. Several participants are bringing their obese children to the class. Requests have been made for cooking classes and walking programs.

2. *Diabetes Today: A Community Discussion.* A total of 350 participants with diabetes participated in a daylong workshop in the Kellogg Conference Center. Another 100 Clients with diabetes participated in a Health and Wellness Forum at the 112 Annual Farmers Conference in



2004. Participants were encouraged to attend diabetes classes, consisting of 12 meetings on diabetic education. As a result of the program approximately 20 individuals were able to develop an ongoing food plan and learn diabetes self-management skills. The self-management skills include maintaining blood glucose level below 120 in the morning/140 at bedtime, keeping blood pressure below 130/80, keeping blood cholesterol levels in the desirable range, and weight regulation.

3. *Early Detection of Breast Cancer Education Seminars.* The Early Detection of Breast Cancer Education Seminars involved collaboration among Deep South Network for Cancer Control, REACH 2010, Macon County Health Department, Central Alabama Comprehensive Health (CACH), Alabama Cooperative Extension System (ACES), and Tuskegee University Cooperative Extension Program. A total of 105 women attended the seminars and workshops. All participants learned the skill of proper breast self-examination. Brochures, bookmarks, and free vouchers for cancer detection, educational program, and other educational information on diabetes education were distributed.

3. *Senior Olympic.* To promote physical exercise and other health issues among older Americans, TUCEP worked with local leaders and collaborated with other organizations to conduct the Senior Olympics in August of 2004. Approximately 350 older Americans, from five senior centers in the Black Belt of Alabama, participated in this activity. The activities include: arts and crafts, basketball free throw, bingo, cards, checkers, condo golf, dominos, friends meeting friends, horseshoes, musical chairs, one-mile walk, softball throw, stationary bike and wheelchair boogie. The seniors are awarded first, second, and third place medals in each event. All seniors can participate in aerobics. Entertainment, refreshments, and lunch are provided.

0. *Raising General Awareness.* To raise awareness of disease prevention, eight health fairs were conducted. The purpose of the health fairs was to increase awareness on health and to detect potential disease problems at an early state. Approximately 950 people were reached through health fairs. These were collaborative effort and included: Alabama Department of Public Health, Cancer Division, Community Care Network, Subway (Joy) Enterprise), Physicals in Barbour County, The Eufaula Tribune, Emory University Regional Training Center, U. S. Department of Health and Human Services, Southeast Alabama Comprehensive Health, Bullock County Hospital, Health Occupation Students of America, American Heart Association, American Cancer Society, Senior Circle of Barbour County, Deep South Cancer Program in Sumter and Marengo Counties, REACH 2010, Churches, Nutrition Centers, Minority Health Council, Health Council of Barbour County, Bullock County Concerned Citizens Group, and Alabama Cooperative Extension System.

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

Seminars, workshops, classes on obesity, diabetes, breast cancer, cholesterol, and hypertension, Diabetes Today: A Community Discussion, one Senior Olympic, six weekly newspaper article, eight weekly radio releases, news releases at the “Alabama Nurse,” distributing 825 publications, and other activities (short presentations, home and

office visits, mailing information, and telephone calls were used to reach approximately 2,759 people. These programs helped people lose weight, control their diabetes, raised awareness, and increase their general knowledge in the area of health education.

D. Benefits to Direct Clientele and to the Public:

Improved Quality of Life. Through the health fair screening process, 295 people were tested for Lipid Profile (blood cholesterol and triglycerides). Out of 295 participants who took part in cholesterol testing, 30 percent of the people were identified with a ratio of 4.5 or higher. A person whose ratio is 4.5 or higher is more likely to have a heart attack than a person whose ratio is 3.5 or lower. One hundred fifty (150) people were found with high blood pressure, and 55 people were identified with abnormal blood sugar level. Appropriate referrals were also made to all high-risk people. By controlling the above-diagnosed risk factors, these individuals may be able to slow down or stop hardening of the arteries.

Other tests included sickle cell anemia, hearing, vision, osteoporosis, body fat analysis, blood hematocrit, depression screening, and height and weight. Approximately, another 350 individuals participated in other tests. Five referrals were made for sickle cell anemia, two referrals were made for hearing impairment, and 42 individuals were referred to their eye doctors for further evaluations. In addition, six referrals were made to the House of Ruth for domestic violence. Follow-up classes, seminars, and referrals were also made to each individual. Through the classes, participants received information and learned skills for a healthier lifestyle.

Savings on Medical Expenses. The approximate money value for all of the tests administered and information per person was \$250. Six hundred and fifty (650) actually participated in screening. Thus, \$162,500 dollars worth of free screening were provided to the needy and under served clientele.

In Sumter County, ten women actually used free vouchers for breast cancer detection. The dollar value for 10 mammograms total would be \$1,250. Thus, \$1,250 dollars of free screening were provided to the uninsured females.

D. Fiscal and Human Resources:

One grant proposal on Wellness was written and submitted by TUCEP's Health Specialist, Dr. Habiba N. Shaw, who served as the principal investigator for the grant. The purpose of this grant was to reduce obesity through prevention oriented behaviors and healthy lifestyles.

E. Program Visibility, Exposure, and Future Plan:

Due to the success of Subway Wellness: A Healthy Way to Lose Weight Program, TUCEP is planning to expand this program to Bullock and Macon Counties in

partnership with Women's Health Initiative and Tuskegee University Export Program. This program will help to reduce the prevalence of overweight, obesity, and overall morbidity and mortality from obesity related diseases. In addition, reducing the prevalence of overweight/obesity will help to prevent or improve type II diabetes.

This project substantiates a comprehensive, long term, multidisciplinary approach that combines diet, physical activity, and behavior modifications. Because of the complexity of weight loss, gain, and maintenance, promises of quick and effortless weight loss are worthless.

Several articles were written and published in The Eufaula Tribune and The Alabama Nurse on this ETP.

This program can also be replicated on the state and national levels. The model of this program has been submitted to the Alabama Department of Public Health, the Governor's Emergency Response Commission, Dr. David Satcher (former Surgeon General), Morehouse School of Medicine, American Obesity Association, and others.

A SPECIAL REPORT ON EXCELLENCE IN PARTNERSHIP FOR COMMUNITY OUTREACH, RESEARCH ON HEALTH DISPARITIES AND TRAINING (EXPORT)

The mission of EXPORT is to provide community outreach services and information to minority populations in twelve Black Belt counties in order to reduce and/or eliminate existing health disparities within a five-year period.

The vision of Project EXPORT is to develop partnerships of excellence in outreach, research, education and training that will enable individuals to make informed decisions, which will result in positive health outcomes.

The goal of **Excellence in Partnership for Community Outreach, Research on Health Disparities and Training**, EXPORT, is designed to develop and deliver culturally sensitive educational programs in the areas of cardiovascular disease, cancer, diabetes, HIV/AIDS, and infant mortality to the target areas. The specific objectives of the Outreach Core include: (1) the development and dissemination of culturally sensitive health information to at least 5,000 adults and 3,000 students in the 12 Black Belt Counties of Alabama within a five year period, (2) provide opportunities for at least 100 residents in the designated rural counties to participate in research related activities and clinical studies within five years, and (3) sponsor science education activities for at least 3,000 junior and high school students in an effort to foster their awareness of crucial health care issues.

The EXPORT Outreach and Dissemination Core component supports a collaborative, participatory and integrative approach to reduce health disparities among the racially, ethnically, culturally and linguistically diverse groups who live in the rural Black Belt

counties of Alabama. EXPORT is targeting health disparities in the counties through ethical research, education and outreach. Through a comprehensive educational program for life-long learning, Tuskegee University, in cooperation with Tuskegee University Cooperative Extension Program, is providing a wide range of health educational programs that are designed to improve and enrich the lives of the ethnic and racial minority groups in the Black Belt Counties of Alabama. Other partners involved in this collaboration are: The University of Alabama, physicians, rural community organizations, faith-based institutions, and selected junior and public high schools in the target area.

Specialists and agents from Tuskegee University Cooperative Extension Program and EXPORT have participated in 54 health fairs, workshops, seminars, and counseling sessions with racial, ethnically minority groups.

Goal 4: *Greater harmony between agriculture and the environment. Enhance the quality of the environment through better understanding of a building on agriculture and forestry's complex links with soil, water, air, and biotic resources.*

Extension Team Project 16A: *Integrated Natural Resources and Environmental Education*

A. Description:

As defined by USDA, "The goal of the Natural Resources and Environment mission area is to ensure the health of the land through sustainable management." To analyze and resolve land and resource management problems, the goals of this ETP are to: (1) increase environmental awareness, and (2) promote responsible environmental stewardship among Alabamians as a whole, and, in particular, its rural minority population. Special emphasis is place one youth and young adults in this target population.

B. Actions and Activities Carried Out:

Interested clients are provided age appropriate instruction in natural resources and environmental protection. Successful programs implemented to date include: Alabama Forestry Camp, a weeklong natural resources residential experience for youth ages 15 - 18. The grade levels range from 9-12; Forestry for Kids, a day long instruction of activities for student enrolled in grades 5-8; Kids Day on the Farm, a school day field trip for students K-4, designed to expose youth to the world of Agriculture; and Kids in the Creek, a one day water quality adventure for in the community and school setting.

Annual natural resource management tours are conducted for young adults and landowners in an attempt to constantly provide the latest information, innovations, and management trends to our clients.

An annual Natural Resources and Management Tour and Workshop, held in conjunction with the TUCEP Annual Farmers' Conference, was conducted at Tuskegee University.

In Lowndes and Wilcox Counties, TUCEP, in conjunction with the ACES, USDA-NRCS Office, and the Alabama Forestry Commission, assisted hunting groups with information relative to improving and enhancing wildlife. A series of educational meetings were held, one-on-one, with individuals to assist them on wildlife management, particularly wildlife plots. The activities included: soil testing, location of wildlife food plots, soil preparation, and seed selection for food plots.

Work was done in the area of reforestation. Information was provided to clients relative to reforestation. Several referrals were made to NRCS and the Alabama Forestry Commission relative to Cost Share assistance for forestry land improvement.

In Dallas and Perry Counties, efforts were made to assist many of the small landowners to maximize the full potential of their natural resources. TUCEP collaborated with the Alabama Forestry Commission and NRCS to conduct two group workshops and three tours for 62 landowners relative to managing small tracts of timber, wildlife management and soil erosion. In addition, 84 home and farm visits were made to landowners to further assist them with natural resource management.

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

Contact data reveal that a total of 388 people participated in this ETP: 160 black males, 68 white males, 123 black females, and 37 white females.

In Lowndes and Wilcox Counties, as a result of the activities conducted in forestry and wildlife, 63 participants were made more aware of best practices for forestry and wildlife management, particularly as it relates to food plots, soil testing, soil preparation, and seed selection for food plots.

In Dallas and Perry Counties, as a result of the activities conducted in forestry and land use management, nine landowners in Dallas and Perry Counties improved their management skills for natural resources by contacting NRCS to develop management plans to enhance management of timber, soil and wildlife. Three landowners adopted the concept of agro-forestry, and purchased meat goats to be placed in young timber stands to assist with controlling undesirable vegetation growth. Five landowners in Dallas County enrolled in a forestry short-course to improve their skills and knowledge on how to properly manage timber and wildlife. Landowners were educated in regards to calculating timber stumpage, managing trees to increase the growth rate of pine timber, in addition to good site selection for different species of trees for both pine and hardwood.

All five of these landowners improved wildlife habitat management on a total of approximately one thousand six hundred acres. Approximately, twelve hundred of these acres will be leased out for hunting this year, and the remainder of the land will be used for family recreation and aesthetics. A total of 570 clients participated in these activities.

D. Fiscal and Human Resources:

Extension activities were accomplished with TUCEP specialists, agents, ACES, NRCS, and the Alabama Forestry Commission, cooperating.

E. Program Visibility, Exposure, and Future Plan:

Several digital photos, still photo shorts to show the impact of this ETP have been produced. This ETP will be continued through 2006.

Special Report on Forestry Issues for Limited Resource Landowners: The Role of Extension

Most rural landowners have a forest component to their property. Although many realize that their forest can produce income, there are several issues that inhibit the landowner from taking full advantage of this income opportunity.

Unlike annual crops, raising a crop of trees is a long term endeavor and depending on the landowners objectives, productivity of the land base and the type of forest being managed will require at a minimum 25 years, but can take as long as 80 years for a crop to reach its most profitable level of merchantability. During this period, heir investments can be lost to wildlife, insects, diseases, theft, and dynamic markets.



To produce a high value crop of trees and realize a profit, it requires careful planning, informed investments, management, competitive bidding, access to timely market information, and good timber sale contract preparation and administration. For these reasons, those who seek the highest returns from their forest crop will usually consult with a licensed professional forester and/or a forestry-service agency such as the state forestry organizations or extension service.

The role of extension in addressing many of these issues is to make available or direct landowners to information and resources that will assist them in the management and marketing of their timber, and forest resources. This process is accomplished through workshops, demonstrations, and in some instances one-on-one consultation.

The types of information provided through extension include: the principles of land stewardship as they apply to resource sustainability; sources for obtaining forestry services and management plans; forest investment incentive programs; multiple use management options; estate planning; timber sale contracts and administration; property management; sources for obtaining market information; sources of potential bidders; the value of cooperatives; forest and plantation management; basic forest mensuration and timber valuation; Marketing timber; and resource protection.

Although not all-inclusive, the preceding list provides a basic toolkit to assist limited resources forest landowners in managing their forest for sustainable profit.

Extension Team Project 33B. *Alabama Entrepreneurial Initiative (AEI): A Strategy for Workforce Development*

A. Description:

Alabama Entrepreneurial Initiative (AEI): A Strategy for Workforce Development focuses on creating and enabling entrepreneurial spirit in youth as a strategy for workforce development. The projects make use of two nationally recognized curricula: (1) The Mini-Society and (2) The National Foundation for Teaching Entrepreneurship (NFTE). The Mini-Society curriculum is appropriate for youth between the ages of eight and twelve. With consultative guidance of the teacher, the students develop an organized economic society, driven by the need to resolve a classroom situation involving the fundamental economic problems of scarcity and alternative solutions. The National Foundation for Teaching Entrepreneurship is being used with youth from twelve and beyond. The NFTE curriculum consists of basic finance, legal structures, and financial statements, tracking cash flow, market research, and the use of the Wall Street Journal. This ETP is being conducted throughout the twelve Black Belt Counties, TUCEP's primary service area.

B. Actions and Activities Carried Out

Mini-Society. In Dallas County, one hundred and fifty seven student attended the Mini-Society programs in 2004. The total number of youth contacted using this training was 3,360. Dallas County had five youth coordinators trained to help facilitate the curriculum. Of the five trainers trained, three conducted Mini-Society classes with the assistant of two additional trainers, thus utilizing all individuals trained in Dallas County.

Two different training classes were conducted. One class was conducted in March, 2004 at the Sardis Churches Unity Fellowship Center, and the second class was held at Safford in the Christian Light Youth Development Center in June - July, 2004.

In Sumter and Marengo School Systems, the District Administrators saw a need for some non-traditional programs that improve youth knowledge and skills in language, art, math, government, law, ethics, and cooperative learning. In response to this need, Mini-Society was implemented in classroom settings where youth began to identify opportunities in their environment and initiated entrepreneurial ventures to provide goods and services to their fellow citizens. The program was conducted at York West End Junior High School and North Sumter Junior High School. The Program began at 3:00 p.m. - 5:00 p.m. each Tuesday and Thursday from November 2003 until July 2004.

On October 2, 2004, sixty middle school youth from across the Alabama Black Belt attended a Youth Entrepreneurial Awareness Workshop on the campus of Tuskegee University. During the morning session, the students were taught different business strategies and methods and were encouraged to return home and start their own

business based upon the best practices, methods and strategies that were taught in the workshop. The day culminated in the students touring the historic campus and attending a University's football game.

National Foundation for Teaching Entrepreneurship (NFTE). Opportunities Industrialization Center (OIC) in Montgomery, requested the assistance of TUCEP to design a youth entrepreneurship initiative. During the year, TUCEP county agents, conducted three six-week training session to 35 GED students. Each class met twice a week for four hours. The students thought of a business idea (for the local community), conducted market research and developed a business plan. The "Business Plan Presentation" consisted of the business idea, economics per one unit, fliers/coupons, and a jingle.

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

Mini-Society. The results, impacts, and benefits to direct clientele and the public are to enhance the sense of empowerment and self-sufficiency of each client. Teachers were trained to exercise facilitative and consultative scales (as opposed to their more traditional lecturing and classroom management) to improve youth competence in this area. The impact of Mini-Society focuses directly on problem solving in economics as well as social, political, and ethnical areas. The teachers trained in the Mini-Society curriculum in the Mini-Society activities were able to make changes in the way they taught not only Mini-Society workshops, but in other subject matter areas as well. The students were motivated to marshal their creative and analytical resources in discussions relative to cooperation and goal setting.

National Foundation for Teaching Entrepreneurship (NFTE). The NFTE students have benefited from their training and have used their skills in their day-to-day schedule. Participants report increased use of a daily planner (calendar), of business terms and ideas, as well as improved social skills, and attendance at school.

OIC has benefited because of the presence of TUCEP. The instructor at OIC has started to discuss entrepreneurship and relate it to subject matter, i.e., math, social studies, etc.

The public is benefiting by youth training. The youth established an on-going basket making business, Connie's Hearts, and sold their product during the Christmas holidays. Their plan is to continue making baskets for special holidays until they can turn enough profit to make the program and business year round.

The teachers and participants associated with either Mini-Society or NFTE report that as a result of AIE the student have shown increases in classroom attendance, greater leadership skills, improved academic performance as well as increased maturation.

E. Fiscal and Human Resources:

Mini-Society. All mini-Society training, workshops, and youth activities have been supported by TUCEP and a \$25,000.00 grant from the Ewing Kaufman Entrepreneurial and Leadership Development Foundation, Kansas City, MO.

National Foundation for Training Entrepreneurship. To date, programmatic activities for the NFTE program have been supported by TUCEP Extension agents, TUCEP, and limited support from OIC. The youths at OIC donated their personal funds in order to establish their basket making business.

F. Program Visibility, Exposure, and Future Plans:

Program visibility for this ETP is great. Several newspaper articles have been written and published.

Mini-Society. Each teacher and student responded that the Mini-Society program enhanced student's skills in math, art, government and law. Most importantly, teachers were impressed at how the students took pride in independent learning, and how they proceeded to identify opportunities. Agents report that the program has inspired other community agencies and

religious institutions to adopt the Mini-Society curriculum. Agents and the team leaders for this project are currently seeking future funding opportunities.

National Foundation for Teaching Entrepreneurship. The entrepreneurship class consisted of two hundred and eighty-eight teaching hours. The training will continue to February 2005. There are three objectives agents would like to achieve with the present class. They are: (1) purchase goods from wholesalers (Atlanta/Montgomery); (2) students sell goods and make a profit; and (3) students use profits to open personal savings account.

It has been suggested by TUCEP agents that an official "Youth Entrepreneurship Club" be established at OIC. The club and its elective officials will serve as an incubator. Profits that occur through official club sales will be used at some point to purchase a stock. The stock price can be tracked and used as a daily activity.

Alabama Public Television has requested to do a feature story on the youth participating in this initiative. The group has received a \$5,000 individual donation to continue the project beyond February 2005, and the facilitators working with the program are currently seeking grant funding.

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

Extension Team Project 15A: *Enhancing Citizens' Capacity to Transform Communities.*

A. Description:

This ETP has two tracks. They are: (1) Business and Individual Planning, and (2) Individual and Leadership Skills Development. Anecdotal field data show that many small business owners in rural Alabama lack adequate skills, do not have business plans, or have not updated their business plans in years. Indeed, there are other individuals who want to enter into business, but many times they do not start on the right footing because of a lack of “know-how.” In addition, residents of communities need current information on issues, such as personnel financial management, tax planning, and insurance planning that affect their daily lives. The Business and Individual Planning Track is intended to assist businesses with business planning as well as help with other tools for sound decision making. Also, this track is intended to equip individuals with tools for sound personal decision-making.

In addition, there is the need to teach and constantly update the leadership skills of leaders and residents of rural Alabama. The communities need effective leadership to extricate them from their problems. The objective of the Individual and Leadership Track is to enhance the leadership capability of individuals, organizational and community leaders by providing them with requisite skills in leadership.

The target audiences are adults, agricultural clientele, non-agricultural clientele, and community leaders and officials. Our aim is to reach “hard-to-reach” audiences. With better business and individual skills come better productivity; with better leadership comes better communities. The effective implementation of these tracks is expected to help the communities grow. The Tuskegee University Cooperative Extension Program (TUCEP) got involved in these types of activities because of the constant requests for such help from the community groups. The intended outcome is to improve business, leadership, and individual skills of community residents and leaders. It is hoped that skills acquired will be applied in everyday activities in the communities.

B. Actions and Activities Carried Out:

Contacts were made with a total of 15,789 persons. There were 6,274 males, or 40 percent, and 9,515 females, or 60 percent. There were 13,737, or 87 percent, African Americans, and 2,052, or 13 percent, White.

Individual and Leadership Skills Development. Under the leadership of TUCEP, citizens in Dallas, Perry, and Wilcox Counties embarked on a journey to change the situation in their communities by organizing and collaborating in groups. The result was the formation of a local Continuum of Care (COC) made up of several community groups and 501c(3) organizations. Specifically, they wanted to transform their communities by providing safe, decent alternative living quarters, full health care services, and an unified service delivery system. The goal was to help socially disadvantaged citizens achieve and maintain independent living status as well as be reintegrated back into the workforce.

The COC Board is chaired by the Selma/Dallas County Veterans Transitional Home, Inc. (VTH). Other members of the Board and their responsibilities are: (1) the City of Selma Task Force to End Homelessness provides grant writing assistance; (2) SABRA Sanctuary provides shelter for battered and abused women and children; (3) Cahaba Mental Health and Social



Workers provides dual diagnosed patients with counseling and drug treatment; (4) the Selma Housing Authority provides heaters, blankets, furniture, and permanent housing for clients who meet all requirements for independent living; (5) Central Alabama Veterans Hospital provides veterans with assistance; (6) Selma Air receives client referrals and provides transitional housing; (7) Bridge of Hope provides assistance to recently released prisoners; (8) Minor Homes receives veteran housing referrals and provides group housing units; (9) Wallace Community College provides workforce development training; (10) Key Health Services provides health care assessments and referrals; (11) Community Care Network provides health screening and treatment; (12) Auburn Alive Program provides on-the-job training; (13) Sardis Churches Unity Fellowship (SCUF) provides educational tutorial classes for at-risk youth; (14) UGMO Enterprise provides computer technology assistance; (15) Love Everybody Outreach Ministry provides meal-on-wheels programs; and (16) TUCEP provides training in grant writing, organizational structure, and leadership as well as played the role of facilitator or “glue” for the COC.

In Barbour County, TUCEP provided training in leadership and organizational planning and development to the leaders of the Barbour Counter Resource Center (BCRC) over a six-week period.

Business and Individual Planning. TUCEP assisted with conducting one-on-one and group visits as well as business plan workshops to various small business owners and individuals in Lowndes and Wilcox Counties. Clients were informed of potential funding opportunities that are in line with their specific goals. TUCEP, in conjunction with the Rural Business and Economic Development Program (RBEDP) provided clients with awareness to USDA programs (e.g., SBIR, business loans programs,

BISNET); HUD programs (e.g., HBCU); ADECA programs (e.g., Recreational Trails Program, Land and Water Conservation Fund); linked business owners to industry resources and trade association information; provided specific suggestions on how to identify and target a market to existing and potential business owners; provided online patent search assistance to business owners; followed-up with individuals who were working on business plans; and assisted with survey forms relative to business workshops.

Also, farmers were assisted with information on record-keeping and business strategies at the farmers' market in Lowndes and Wilcox Counties.

Several other organizations collaborated with TUCEP in implementing this ETP. Our partners included VTH, SCUF, City of Selma, Cahaba Mental Health, SABRA Sanctuary, Selma Housing Authority, CAVHC, Key Health, Congressional District 7, UGMO Enterprise, Selma Air, Alabama Hospice, Auburn Alive Program, Community Care Network, Love Everybody Outreach Ministry, Bridge of Hope, Minor Home, Inc., B. L. House of Refuge, R&R Enterprise, Habitat for Humanity, Catholic Charities, Dallas County Commissioners, and Alabama Coalition Against Homelessness.

Other Activities. A study entitled, "An assessment of the Best Practices of Small Black Businesses in the Black Belt," was conducted. The purpose of the study was to highlight and discuss the best practices of small Black businesses in the Black Belt. Five small Black businesses each were selected by convenience sampling from six Black Belt counties, at total of thirty businesses. These counties were Barbour, Bullock, Dallas, Lowndes, Macon, and Wilcox. Business owners were informed about the study, and they or their designees were interviewed face-to-face, at appointed times to collect needed information. A key criterion for this study was for the particular entity to have been in business for at least ten years.

One publication entitled, "A Simple Approach to Key Financial Statements for the Limited Resource Farmer and the Very Small Business Owner," was developed and distributed through agents' offices and at the Annual Booker T. Washington Economic Development Summit held on Tuskegee University campus in October. This publication focused on balance sheet, income statement, and cash flow budget. The publication's intended audiences were small business owners and farmers. It emphasized to this group the importance of financial record keeping as a business tool for sound decision-making.

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

In the Dallas, Perry and Wilcox County area, over 3,500 individuals have been assisted through the combined efforts of the COC by providing health care, housing, rent, food, clothing, and training. With the assistance of TUCEP, 4 non-profit organizations (VTH, SCUF, Cahaba Mental Health, and SABRA Sanctuary) received grants in the amount of \$25,000. VTH has 8 veterans living in Minor Homes with 8

more to be available in January 2005. VTH leased 4 apartments as transitional homes, and submitted a proposal for \$80,000 to the Small Business Administration for renovation of leased property. VTH received a \$1,500 grant from the City of Selma for operational expenses. The COC submitted a proposal to Weaver Parrish Trust for \$39,000 for emergency shelter, and will submit a proposal to the Veterans Grant and Per Diem for \$500,000. Also, a proposal will be submitted to the Congressional appropriation budget for the area for \$500,000. SCUF submitted a proposal to the Dallas County Board of Education for \$40,000 to help at-risk youth, and submitted a proposal for \$15,000 to International Paper to help at-risk youth. Nine computers were donated to VTH for technology training. A classroom was established on Wallace Community College campus for computer training, and two certified computer specialists work with the local groups. Three community-based organizations (Christian Light, Prince of Peace Ministries, and the COC) are in the process of obtaining 501 and 509 status.

In the Barbour County area, the leaders of BCRC opened their Center in the summer to cater to the youth. The youth enjoyed participating in sports, theater, and arts. They were also offered tutorials in mathematics, English, science, and social studies. Each student received free lunch and sometimes breakfasts. Local citizens and the Auburn Food Bank donated all food. In the Fall of 2004, the BCRC opened a child day care center, and 20 infants enrolled in the day care center. In addition, 60 students enrolled in their after-school tutorials program. Due to lack of adequate funding, the teenagers sometimes, under the supervision of the staff, assisted one another during tutorials.

In Lowndes and Wilcox Counties, results from the business plan workshop surveys and one-on-one interviews indicated that small business owners would like to continue to receive information relative to assistance with business plans, how to price products, and basic record-keeping. Providing information on business plans and upgrading business plans have made business owners aware of their current financial and business status.

The results of the Best Practices Study revealed that 19 of the businesses provide services and 11 sell goods, a reflection of a service economy. These businesses are a source of employment in their communities. Twenty-six small businesses view customer service as their best practice and key to success. Of these, 16 mentioned customer service plus other practices. It is necessary that researchers, assistance providers, and policy-makers emphasize customer service as they promote entrepreneurship as a way of economic development. Customer service and related activities are keys to the survival of a business in rural areas.

D. Fiscal and Human Resources:

According to the reported days worked on this project, four TUCEP employees allocated a total of 415 days on this project in 2004.

E. Program Visibility, Exposure and Future Plans:

Future plans are to continue this ETP program over the next two years. Beyond that the program may be maintained or amended, as the situation dictates.

Other Related Activities

I. The Annual Booker T. Washington Economic Development Summit

The Ninth Annual Booker T. Washington Economic Development Summit was held on the campus of Tuskegee University in the Kellogg Conference, October 6-8, 2004. The long-term goals of the BTW Economic Development Summit are to: enhance the leadership development and citizenship education in order to build a cadre of competent citizens who can strengthen and transform their communities, (2) create economic environments that support employment, productivity, diversification, and industrial expansion in rural and other target communities, and (3) educate and strengthen youth, families, and communities to build home and community environments which support business and economic development in Alabama and the rural South. The theme of the Summit was: **Entrepreneurship and Business Development: Making a Difference in Minority Communities.** The Summit consisted of the following tracks: Endowment Asset Management/Personal Wealth Creation, Grantsmanship and Faith-Based Institutions, Youth Entrepreneurship, Local Politics of Commercial and Real Estate Planning and Development for Low-Income Minority Communities, Strategic Growth Initiative and MBDA Programs, Resources and Technical Assistance for Faith-Based Institutions, International Trade and Business Opportunities with Africa, Federal Agency Procurement Opportunities, Booker T. Washington Legacy Panel: A Roadmap for future Economic Enterprise for Black People in the New Global Economy, Information Technology and Utility for Minority Communities and Small Businesses, SBA Loan Matchmaking, and Business Growth and Networking Opportunity. Attendance at the Summit was 175 participants.

II. Rural Housing Development in Greene and Hale Counties

A. Description:

In a global society with rapid economic and technological changes, families and individuals are faced with difficult consumer decisions. From an economical standpoint, housing represents the largest financial investment most families/individuals will make in their lifetime.

There are 5,117 households in Greene County, and 7,756 households in Hale County. In Greene County, 45.6 percent of the residents rank below the poverty

level, and in Hale County 35.6 percent of the residents rank below poverty level. Because of this economic condition, ownership for adequate housing presents a challenge to the poor. In addition, as a result of low per capita income, social changes, an aging population, and a sizeable disabled population, many citizens are concerned about adequate housing to meet the needs of the people who are left behind.

The target audiences are individuals and families, elderly and disabled participants, in Greene and Hale Counties within the Black Belt area of rural Alabama. Involvement in this program came about due to requests for assistance in rural home development from the Opportunities Industrialization Center (OIC), local churches, Greene and Hale Counties' Department of Human Resources (DHR), HERO Family Resource Center, and participants in the TUCEP Summer Youth College in the various communities served by TUCEP.

B. Actions and Activities Carried Out:

Several activities were undertaken for this project. They were: (1) conducted a ten-week educational training seminar in the area of trading game. Participants performed self-evaluations, prepared monthly income statements, learned how to calculate profit and loss, learned how to analyze line items as a percent of revenue, learned how to calculate returns on investment, explored the difference between risk and return, defined liquidity, compared debt and equity finance, learned how to calculate debt-to-equity ratios and debt ratios, learned how to use the Wall Street Journal to help them understand returns on investment; (2) educational training was offered in the areas of home management, credit and debt management, financial management, and household budgeting; (3) conducted community focus awareness groups on home ownership as a joint effort in Greene, Hale, and Sumter Counties with area USDA Rural Development Office, West Alabama Community Service, Greene/Sumter ECEZ Project, and Federation of Southern Cooperatives; (4) identified potential applicants and assisted them in the application process; and (5) demonstrated training content to individuals/families through the actual application process to plan and control family expenses for the year.

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

The results, impacts, and benefits of this project were 22 individuals who completed the ten week training sessions adopted the recommended practices to enhance their lives relative to family budgeting, debt management, financial planning, and debt ratio issues.

Positive differences have been made. A total of 52 participants attended the area seminars/workshops to create an awareness of federal housing programs, funding sources, budget and financial management. All participants understood the

importance of establishing a personal credit history. Additionally, all the participants reached their short-term financial goals and are presently maintaining their financial management plan. Three individuals acquired funding for their homes from the Rural Development Office and are presently in a holding status due to federal regulations. Four individuals were able to restructure their current debts by consolidation and obtained home financing. Six families were able to obtain finance for their homes through West Alabama Community Service Project. Before attending the seminars, these same individuals/families were considering bankruptcy, or living from check to check with no savings. Two families who lived in an overcrowded rented mobile home were able to obtain a \$92,000 loan through the local Rural Development Office. Six individuals were able to secure loans for \$10,000 each to repair their homes through the West Alabama Community Service. Two families were provided assistance in the amount of \$7,500 each to repair leaking roofs, rotten woodwork, plumbing, insulation, broken floors, and problems with exterior walls through the Rural Development Office. Two families were successful in obtaining loans to acquire new housing through personal financing.

D. Fiscal and Human Resources:

The resources utilized were TUCEP collaborating with the USDA Rural Development Office, West Alabama Community Action, HERO Family Resource Center (Hale County), West Alabama EZEC Program, and the Federation of Southern Cooperative at Epes, Alabama.

E. Program Visibility, Exposure, and Future Plans:

This program has high visibility and will be continued through 2006. Thereafter, it will be maintained or amended as the needs and priorities dictate.

ALLOCATION OF FISCAL AND HUMAN RESOURCES

Tuskegee University Cooperative Extension Program allocation of fiscal and human resources among program areas for 2004 are listed below. Data do not reflect FTE's for clerical and support staff or administrative support. However, these factors are reflected in the dollar amounts.

Program Area	\$Allocation	FTEs
4-H & YD	\$148,765.98	3.75
AG	257,990.33	5.15
C & ED	45,059.97	1.35
F & IWB	166,417.24	4.00
IN PEST MGT	23,318.89	.50
U & NNTP	5,421.88	.10
Total	\$646974.29	14.85

TUSKEGEE UNIVERSITY–STAKEHOLDER INPUT PROCESS

The Tuskegee University Cooperative Extension Plan of work provides continuous opportunities to assure relevance and quality in Extension program planning, implementation, delivery and evaluation. Since 1997, Tuskegee University Extension Program has strengthened its relationships with the various interest groups in the communities it serves and throughout the State of Alabama.

TUCEP's State Advisory Board Council has a diverse representation, and it advises in the following areas:

- Mission statements and policy-setting
- Long and short-term planning
- Resource development
- Fiduciary care
- Assuring compliance
- Image and development
- Linkage and sanctioning
- Advocacy
- Assuring the quality of Extension personnel
- Extension evaluation

The various committees of the TUCEP State Advisory Council are: (1) agriculture assistance, (2) community and economic development, (3) leadership and volunteer development, (4) family life development and food safety, (5) nutrition, diet and health, (6) water quality and environmental education, (7) entrepreneurial and youth development, and (8) the legislative committee.

These committees represent the five GPRA and corresponding USDA National Goals for Research, Extension, and Education. The Annual State Advisory Council was held on February 26, 2004. Quarterly or semi-annual meetings are held to deal with critical issues faced by Extension.

The State Advisory Council is a committed staff of lay and professionals that team up with the administrators to advise and implement program strategies to strengthen and improve the quality of life for participants in the Black Belt counties of Alabama.

TUCEP has six County Advisory Councils. These County Advisory Councils are consistent with the six units, which make up the primary service area. Each local county advisory board council consists of representatives from the county in which agents and specialists serve. Membership on these councils consists of established and emerging leaders of existing and targeted clientele organizations.

Each Extension County Unit has PAC Committees. These committees assist in program planning, implementation, and evaluation for the individual county. Also, PAC Committees

identify specific issues and local concerns that Extension has committed itself to address. These committees assist in the development of long range and short-term goals for the Annual Plan of Work in the area of agriculture, natural resources, community economic development, water quality and environmental education, business development, leadership development, volunteer development, and other areas in Extension.

TUSKEGEE UNIVERSITY PROGRAM REVIEW PROCESS

Extension Team Projects were initiated in 1998. Each Extension Team Project focuses on specific problems to be solved in the area. These Extension Team Projects involve teams of interdisciplinary specialists and Extension agents working together throughout the Alabama Cooperative Extension System Network. TUCEP's Plan of Work and the Alabama Cooperative Extension System Plan of Work are jointly planned. During the development stage of each ETP, team members collaborate and post draft documents on the computer networks for review by both Extension Specialists and agents, as well as Advisory Board Council members. Each ETP implemented by Tuskegee University is specialist driven, and has various evaluative and review process periods.

Advisory Council members at the local and state levels are at liberty to participate in the program review process.

TUCEP, like ACES, is committed to the Civil Right Act of 1964 and subsequent acts to provide educational program, materials, and equal opportunity employment to all people without regard to race, color, age, sex, religion, veteran status, disability, or national origin. TUCEP establishes and sustains the criteria of equal opportunity in providing education programs, information, and other services on a non-discriminatory basis, and detects and eliminates any elements of discrimination, which may be found to exist.

An internal review group from TUCEP and ACES conducts program and Compliance Reviews annually in selected counties.

The Program Review Process encompasses: an overview of the local counties, a review of the last county review, program leadership, coordination and teamwork, program relevance and content, program planning and content, program implementation and quality, networking and support groups, and future staffing needs.

The Compliance Review Encompasses: Title VI - Civil Rights Act of 1964, relative to program access; Title VII - Civil Rights Act of 1964, relative to unlawful employment practices; Title IX of the Education Amendment Act of 1972, relative to discrimination against program participants on the basis of sex/gender or blindness; Section 504 of the Rehabilitation Act of 1973, Age Discrimination Act of 1975; ACES Non-Discriminatory Policy in Federally Assisted Programs; Equal Employment Opportunity Policy; ACES, March 28, 1991; Equal Employment Opportunity Policy; USDA Departmental Regulation 4330-1 for Program Compliance Review, June 27, 1986; Auburn University Affirmative Action Newsletter; Tuskegee University Affirmative Action Plan, Commitment and Accountability for Equal Opportunity and Civil Rights; and the Americans with Disabilities Act of 1990.

CONTACTS

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NOTE: As required by Section 105 and 204 of AREERA the followings forms CSREES-REPT (2/00) have been sent in hard copy format to Bart Hewitt.

Form (CSREES-REPT (2/00))

Appendix A
U.S. Department of Agriculture
Cooperative State Research, Education, and Extension Service
Supplement to the Annual Report of Accomplishments and results
Multistate Extension Activities and Integrated Activities
(Attach Brief Summaries)

Institution _____

State _____

Check one: **Multistate Extension Activities**
 Integrated Activities (Hatch Act Funds)
 Integrated Activities (Smith-Lever Act Funds)

Actual Expenditures

Title of Planned Program/Activity	FY 2000	FY 2001	FY 2002	FY 2003	FY 2004
Agricultural Economics	_____	_____	_____	_____	\$135,827.00
Agronomy	_____	_____	_____	_____	\$221,583.00
Animal & Dairy Science	_____	_____	_____	_____	\$163,729.00
Horticulture	_____	_____	_____	_____	\$ 62,493.00
Pest Management	_____	_____	_____	_____	\$ 69,000.00
Poultry Science	_____	_____	_____	_____	_____00
Wildlife	_____	_____	_____	_____	\$ 98,677.00
Aquaculture	_____	_____	_____	_____	\$ 12,508.00
Total	_____	_____	_____	_____	<u>\$763,817.00</u>

Director

Date

Form (CSREES-REPT (2/00))

APPENDIX B
U.S. Department of Agriculture
Cooperative State Research, Education, and Extension Service
Supplement to the Annual Report of Accomplishments and results
Multistate Extension Activities and Integrated Activities
(Attach Brief Summaries)

Institution _____
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Aquaculture	_____	_____	_____	_____	\$ 12,508.00
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 Director

 Date