



# Highland County

119 Governor Foraker Place  
Hillsboro 45133, 937-393-1918



EXTENSION

## 2008 County Highlights

### Strengthening Families and Communities

- Family Fun Time (Parenting)**—Fifty parents throughout 21 parenting classes have gained knowledge that will assist them with a more positive approach to handling their children. They have adopted techniques to assist with a stronger family relationship. The average score on the pre-test was 24.8 out of 30 points (82.6%). The average score for the post-test was 29 out of 30 points (96.6%). This equates to a 4.2 point improvement average on the test and a 14% increase. This is a substantial increase in scores. It is obvious from this increase in score that the participant's knowledge was increased through taking the parenting classes. Customer satisfaction surveys were completed after the parenting sessions. Some of the statements made about the class from the participants were:
  - “Learned how to really listen to my children, and better understand how they are feeling.”
  - “Discipline can ‘very easily’ turn into punishment—how to avoid this.”
  - “Learned alternative methods of discipline.”
  - “That I am human and we all make mistakes. Stop feeling guilty. The first class was an eye opener for me.”
- New Start (Financial Literacy)**—The bankruptcy law states that clients proceeding through bankruptcy must attend a financial management class. The Highland County Family and Consumer Sciences educator has taught this class throughout the year. The two-hour class discusses how to have a new start with their finances and what are the dangers with handling money. The clients set goals and write down step-by-step how they will complete these financial goals. The participants complete a six-month follow-up evaluation. All the evaluations have shown the class has made a positive impact on their financial management practice. Many state that credit is the piece they have learned the most about and how to handle credit wisely.
- County Web Site**—During the 2008 year, the Highland County Extension team began providing online information to the public. In years past, the web site only included basic information such as staff names and the county contact information. The new web site incorporates a wide variety of information beneficial to the community, such as news articles, program information, calendars, links to additional informative sites, helpful tips, current projects, educational information, and 4-H forms and applications. The monthly average views have increased by 400 visitors from 2007 to 2008. The total views from January to October in 2008 have surpassed the 12-month total in 2007 by more than 1,000 visitors. During the busiest month, the web site averaged 165 visitors per day. Each Highland County Extension educator and program assistant has included informative items that will strengthen families and benefit the general community.
- Family Nutrition Program**—Sixteen participants at the Scioto Paint Valley Mental Health Center learned the importance of eating fruits and vegetables and menu planning as part of a series of lessons. Participants learned the importance of menu planning in helping them stretch their food dollar and buy nutritious foods. They were actively involved in planning meals using a list of staples they were to have on hand and they also used supermarket flyers showing food items that were on sale. Some changes they plan to make in order to provide more nutritious meals for their families were to take advantage of the \$10 for 10 items sales, buy frozen chicken breasts, plan meals using a shopping list, and have better staples on hand for preparing meals. They also learned the many health benefits of eating the right amounts of fruits and vegetables and the many ways they can be prepared. They plan to serve and eat more fruits and vegetables.
- Thirteen participants in two single educational sessions at the homeless shelter are planning to make important changes that will improve their health and stretch their food dollar. The program topics were: “Thrifty Food Shopping” and “Ten Steps to Better Health.” Comments and/or changes they plan to make included the following: add more fiber to my diet; eat less sweets, drink more water and eat less fatty food; eat more plant based foods; exercise more; choose more whole grain products; plan ahead for meals, making sure all groups from the food pyramid are added when I cook; and start eating healthier foods and start shopping better at the store. Nine of the thirteen participants had children in their households. The information they learned will help them plan and prepare nutritious meals for their families.

### Advancing Employment and Income Opportunities

- Leadership Development**—Leadership training has been conducted for many audiences to enhance the participant's ability to work with other people. The leadership trainings consisted of presentations in the areas

of facilitation, leadership styles, Myers-Briggs Personality Styles, and Emotional Intelligence. More than 275 participants have been trained. Evaluations from all programs stated a high level of understanding the issues surrounding the topic. These presentations have been at the county, state, and national levels.

- **College 101** was presented to 205 students to help them have a better understanding of the ins and outs of college with a realistic look at cost, dorm life, study habits, student organizations, working with professors, time management, and student life on campus.

## Enhancing Agriculture and the Environment

### Ohio Beef Heifer Development Program

- The Ohio Beef Heifer Development Program completed its second year of working with Ohio's cow-calf producers. The program expanded to three custom heifer development centers located in southern Ohio. These centers offer producers an option to send potential replacement heifers to a location where they can be developed and bred in a more efficient manner than would be possible at their own operation. A total of 240 heifers were enrolled in the program in 2008, which was a 329 percent increase in participation from the previous year.
- 743 individuals from 22 southern Ohio counties were surveyed to determine producer's attitudes on heifer development, management, marketing, and future educational needs. A total of 433 surveys were returned for an overall response rate of 58.3 percent. Valuable information was gained in regard to calving season, potential herd expansion, cost of production, and marketing preferences.
- Funding from the Southern Ohio Agricultural and Community Development Foundation (SOACDF) was obtained to help continue the efforts of the Ohio Beef Heifer Development Program. A grant in the amount of \$43,500 was secured from the SOACDF to help promote future marketing efforts of bred heifers in Ohio and provide educational programs that will give producers the information to better manage the dynamic changes facing the beef industry.

### Agriculture Reality Store

- The Agriculture Reality Store is an educational program designed to expose high school juniors to an experiential learning activity relating to agriculture. A total of 181 students from seven vocational agricultural education programs in Adams, Brown, and Highland counties participated in four separate programs in 2005 through 2008. The primary educational objectives were to increase the participant's awareness of the economic

principles involved in operating a farm and to develop an appreciation for careers in agriculture.

- A simulation activity was conducted where students were assigned a 300-acre farm to manage and were awarded start-up capital based upon their grade point averages. They were required to purchase inputs necessary to manage their farm and show a profit. Students interacted with representatives from local businesses to help them evaluate production costs utilizing current prices for inputs such as livestock, equipment, land, and chemicals and to make decisions about what type of farming activities were to be a part of their 300-acre farm.
- Evaluations indicated a very favorable response to the program. Results indicated that 96% of the respondents increased their knowledge of accepted business practices involved with production agriculture. Ninety-three percent of the respondents felt they increased their knowledge relating to agricultural careers, and 75% of the respondents felt they would be involved in agricultural production in the future based on their experience in the Agriculture Reality Store. This program was named the National Winner of the 4-H and Youth Recognition Program by the National Association of County Agricultural Agents.

## Preparing Youth for Success

- **Real Money Real World**—679 7th and 8th graders from all five county school districts participated in the program Real Money Real World, a 4-H money management curriculum that involves classroom activities and a live simulation utilizing the local business community. Thirty-four businesses participated in 2008. Comments from participants included the following: "It is hard having to pay taxes and bills;" "It helped me to understand the future better;" "That it takes a lot of work to manage your money when you get older;" and "It was a neat way to learn about what it will be like when you grow up."
- **4-H Program**—1,061 youth ages 5–18 participated in the traditional 4-H program with 538 additional youth involved in the school enrichment programs. 197 volunteers and 42 older teens assisted with educational programs for the 4-H members of Highland County.
- **Goal Setting**—517 8th graders learned goal setting techniques in preparation of entering high school and making future career choices.
- Study skills were reviewed with 414 8th graders in three schools to help incorporate new ways to make learning easier.

---

Ohio State University Extension embraces human diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA.

Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension

TDD No. 800-589-8292 (Ohio only) or 614-292-1868