Junior Master Gardeners team up with the Jaguars Foundation (p.14)
Quality of Information

<table>
<thead>
<tr>
<th>Service</th>
<th>Duval County Responses</th>
<th>Customer Satisfaction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to date &amp; accurate</td>
<td>86%</td>
<td>92%</td>
</tr>
<tr>
<td>Delivered in time</td>
<td>87%</td>
<td>93%</td>
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<tr>
<td>Relevant to my situation</td>
<td>84%</td>
<td>91%</td>
</tr>
<tr>
<td>Easy to understand</td>
<td>82%</td>
<td>88%</td>
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<tr>
<td>Satisfied</td>
<td>90%</td>
<td>95%</td>
</tr>
<tr>
<td>Dissatisfied/No opinion</td>
<td>7%</td>
<td>3%</td>
</tr>
</tbody>
</table>

2007 Outreach Data

- 1,981 Educational Programs
- 642 Volunteers
- 80,503 Attendees
- 44,067 Hours Volunteered
- $2.87 Million Outside Grants, In-kind Donations, and University of Florida Contributions
- 102,511 Educational Contacts by Trained Volunteers
- 37,355 Blueprint For Prosperity Implementation Contacts
- $749,143 Value of Volunteer Hours Donated
- 34,269 Phone Inquires
- 3,043 Walk-In Information Requests

Use of Information

- Used the information: Yes 79%, No 19%, Don't know 2%
- Solved the problem: Yes 85%, No 6%, Don't know 9%
Welcome to Duval County Extension! We are honored this year to continue our tradition of serving you, the citizens of Jacksonville, with educational programs that make living here even more rewarding. Since 1914, we have been extending the resources of the University of Florida to the community. Whether on the farm, at community centers, elementary schools, 4-H clubs, non-profit agencies, or in our own classrooms, we are fully engaged in our community.

Through the budgetary challenges that we have faced in our community, we have upheld high standards of excellence. In fact, the programs we offered last year earned many awards from our professional organizations and associations: the Speaking of Women’s Health Award, the Mary Harrison Award, the Alto and Patrecia Straughn Extension Educational Improvement Award, the Jim App Team Award, the Alto Straughn Distinguished 4-H Award, the Program of Excellence in 4-H Award, and the Master Gardener Professorship. Please join me in recognizing the efforts of our agents!

Our mission at Duval County Extension is to improve the quality of life in Jacksonville by providing our residents with the knowledge they need to make informed decisions leading to greater economic security, environmental care, and civic leadership. The education offered by our agents and volunteers in agriculture, family and consumer sciences, and 4-H youth development is based on current research and backed by over 95 years of experience.

We hope you enjoy this annual report, which we’ve organized to reflect the City of Jacksonville’s six-point Blueprint for Prosperity—Education, Economic Development, Quality of Life, Racial Opportunity and Harmony, Infrastructure, and Leadership. Every day and in every way, we’re out there proving that Duval County Extension is a vital part of the future of Jacksonville!

Sincerely,

Mike Sweat
Interim Director
Duval County Extension Office

On the cover: Delores Barr Weaver, Chair and CEO of the Jaguars Foundation, visits the butterfly garden at Reynolds Lane Elementary. UF/IFAS Photo taken by Tom Wright.

Produced by: UF/IFAS Duval County Extension Service and IFAS Communication Services
Project Directors: Brad Burbaugh, Mike Sweat, Andy Toelle, and Stephanie Toelle
Graphic Design: Michele Linette
Editor: Darryl Palmer
A Day in the Life: Duval County Farmers

The food we eat is not created at the supermarket, yet many school children today believe that this is where food comes from. To change this misconception, Duval County Extension Service, in partnership with local farmers and volunteers, provide a positive agricultural learning experience to school children from Jacksonville’s poorest urban districts. The annual tour, entitled A Day in the Life: Duval County Farmers, is made possible through grants totaling $4,100 from the University of Florida, Florida Ag in the Classroom, Duval County Farm Bureau, and Duval County Cattlemen’s Association. This year, 49 youth gained an appreciation of agriculture by touring WW Ranch, Loop’s Nursery, and Dowless Blueberry Farm.

The tours demonstrated the link between farms and our food supply through activities that helped participants realize where and how their food is produced. A presentation called “My Cheeseburger Came from a Farm” helped students visualize the primary and by-products we get from cattle. They also made the connection between plant and human nutritional needs by creating “chia people” out of knee-high stockings, and took home cuttings to grow their own blueberry bushes. The tour provided a safe, fun and interactive learning environment to an historically under-served urban community. Kimberly Wilson, Director of the La Alpha Learning and Development Center, was quoted as saying, “This was a great project! There is not another project we could have chosen this summer that the children would have learned so much and had so much fun while doing it. Can we do it again next year?”

Schoolchildren visit the WW Ranch as part of this year’s A Day in the Life: Duval County Farmers tour.
Volunteers Certify to Operate the Jacksonville Canning Center

The Jacksonville Canning Center, a fixture in Duval County for over 70 years, continues to serve the community by teaching food preservation and storage techniques. After budget cuts threatened to close down the center, Master Gardener volunteers stepped up to the plate to take over operations in 2007. To do this, several volunteers attended training sessions and passed certification tests required to operate a commercial kitchen and canning center. Master Gardener volunteers successfully completed the ServSafe Food Protection Manager Certification and completed the Better Process Control School at Clemson University. In total, Master Gardeners attended 144 hours of formal training at a cost of over $3,300 to become certified to operate the canning center. The Jacksonville Canning Center is now fully operational with the assistance of Master Gardener volunteers three days a week. Individual residents, church groups, school tours, farmer organizations, and summer camps have utilized the facility to can and preserve items for their personal use.

The Canning Center has also established a partnership with Duval County schools, providing educational tours and teaching the value of agriculture to school-age children throughout Jacksonville. Students arrive at the center after touring a nearby farmer’s market. The canning center supervisor leads students through an educational program that teaches the difference between high-acid and low-acid foods and gives basic principles of food and kitchen safety, including a practical exercise in proper hand washing. Students are taken step by step through the preparation process. Finally, the students can their own snack, watch the supervisor seal it mechanically and take it home with them. This is a favorite tour for both students and teachers.

To learn more about the Jacksonville Canning Center, visit http://duval.ifas.ufl.edu/canning_center.shtml.

Canned tomatoes, home-grown and preserved.
Extension and Credit Unions Provide Financial Education Program for Jacksonville Students

When’s the best time to teach high school students the basics of maintaining a budget, avoiding debt and growing their wealth? As soon as possible! That’s why the Duval County Extension Office has collaborated with local credit unions to bring the High School Financial Planning Program (HSFPP) to Duval County public schools. The program, offered through the National Endowment for Financial Education, has been added to a new class on career research, which is required for all Duval County ninth graders.

HSFPP is a 21-hour curriculum designed to teach Jacksonville’s 10,780 ninth graders about financial decision making, budgeting, saving, investing, credit, and insurance. In addition, ten business teachers taught the program to 990 upper-level students. The students complete assignments and develop graded portfolios of personal budgets, savings goals, and credit plans. Seven local credit unions also supply a group of volunteer speakers to supplement the program with real-life experiences. Last year, ten credit union volunteers reached 1,000 students in 36 classes with financial advice, games, and activities.

Dora Johnson, an Englewood High School teacher, says the program has been a success. “Students and parents have commented on how useful this program is and parents have commented that they wish it would have been available when they were in school,” she said. “Many students didn’t realize the decisions their parents have to make when they ask them to buy things.”

Children and Literacy

Extension has been training Children and Literacy volunteers since 1992. Last year, Duval Extension gained 35 new volunteers who have given 140 days to read or tutor young children, reaching 17,865 youth in the elementary schools.
Food Safety Certification Training

Extension Family and Consumer Sciences has a mandate to provide food safety certification training to the food service industry. As a result of our training, 91% of the 16 participants passed their exam on the first try!

Duval 4-H Members Learn By Doing

In Duval County, 4-H currently has 960 members in 52 organized clubs. A traditional 4-H Club consists of 6 or more youth between the ages of 5 and 18, and meets a minimum of 6 times a year. Each club elects officers and may or may not have a subject matter emphasis. Members belong to local 4-H clubs in the community, but can also participate at the county, district, state, national, and international level. All traditional clubs are encouraged to perform community service projects, such as creating holiday stocking stuffers for underprivileged children, conducting roadside cleanups and canned food drives, and visiting nursing homes.

4-H is an educational program that provides experiential learning, where youth "learn by doing." Members select a project that they are interested in and learn all they can about the subject and receive guidance and instruction from volunteer leaders. Today, there are over 100 subject matter projects, including leadership, citizenship, aerospace adventures, computers, cooking, electricity, foods, horses, leadership, marine science, nutrition, gardening, animals, photography, rocketry, and sewing. The activities include public speaking contests, demonstration contests, My Local Government Day, State Legislature, and judging contests and theater arts competitions. All of the materials 4-H utilizes are based on scientific research from land grant universities throughout the country. 4-H is a part of the Duval County Extension Service, the City of Jacksonville Recreation and Community Services Department, the University of Florida, Institute of Food and Agricultural Sciences, and the United States Department of Agriculture.

The success of the Duval County 4-H program is the result of the help of the over 50 trained volunteers. These volunteers organize, direct and educate the youth in the program and dedicate thousands of hours and the use of their homes for meetings and activities.

In addition to the traditional 4-H projects, the Duval 4-H School Enrichment program has provided projects to more than 20,623 students. The most popular project is embryology, where students incubate and hatch eggs in the classroom. Another popular project is the hands-on gardening plot where the students build, maintain, and harvest a traditional and hydroponics garden. Bread making is of interest to the students that study food nutrition and exercise training. Leadership is a project in the classroom that helps members learn how to run a meeting. These projects enhance science methodology, math and reading, which serves to prepare children for the Florida Comprehensive Assessment Test (FCAT). Help us in celebrating Florida 4-H’s 100th Anniversary in 2009!
Improving Our Community

**Best Management Practices for the Protection of Water Resources**

Water is vital to life, and the quality of our water has a direct effect on our quality of life. One of the ways Duval Extension is trying to improve water quality is through teaching homeowners and landscape professionals the importance of Best Management Practices (BMPs). To that end, Duval Extension’s BMP Workshop provides information and guidance on turfgrass and landscape management to conserve and protect Florida’s water resources.

The BMP Workshop provides information and guidance on turfgrass and landscape management to conserve and protect Florida’s water resources. These practices cover both new and existing turf and landscapes, including construction activities, irrigation, and nutrient and pest management. The workshop is designed as a research-based educational guide for professional service providers.

As a result of the July 2008 Jacksonville City Council’s Fertilizer Ordinance, the BMP workshop is now recognized as the certification process for commercial fertilizer applicators in Duval County. Since 2007, over 200 individuals learned the appropriate amounts and methods of applying irrigation water and fertilizer. The use of Best Management Practices will reduce river pollution and improve the quality of life for our residents.

Left to right: Evie Pankok, program assistant for Florida Yards and Neighborhoods, discusses BMPs with Duval County Extension Acting Director Mike Sweat and Jacksonville Mayor John Peyton.
Before You Tie the Knot

Get ready for marriage at the Extension office through our monthly workshops! Last year, 22 couples saved over $700 by taking our premarital course, Before You Tie the Knot. This course has been approved by our county clerk of court to fulfill the Florida Marriage Preparation and Preservation Act of 1998, which was enacted to help lower the incidence of divorce and give couples the opportunity to seriously consider and strengthen different aspects of their relationship before their vows are exchanged. Before You Tie the Knot covers the areas of communication, conflict resolution, money management, and parenting skills. Couples in the two-evening workshops participate in fun and challenging activities to build skills, strengthen understanding, and enhance learning about one another. By the end of the course, couples are equipped with some of the basic tools for a resilient marriage, strategies to withstand some of the normal stresses of marriage. Some find the course sufficient guidance and reaffirmation of their decision to marry; a few discover that there are issues that need more time and investigation before marriage plans are fulfilled. Incentives for taking the course include a $32.50 discount on their marriage license and waiver of the 3-day waiting period for a marriage license.

Raising Teens

Did you know that the teenage brain is wired differently than the adult brain? That physical development has accelerated by 30 to 40 months since 1900? That the percentage of Florida teens engaging in risky behavior in sex, drugs and alcohol is higher than the national average? The teenage years can be a difficult, even dangerous time for parents and teens alike, but they can also be rich
Improving Our Community

in experiences that lead to a happy and healthy adulthood. To that goal, the UF/IFAS Extension’s Teening-Up curriculum was offered to 157 Duval County parents last year. Teening-Up is a program that helps parents learn about the physical development of the teen brain and how that may affect behavior; the physical, cognitive, social, and moral development of teens and ensuing motivations for their behavior; positive discipline for teens, including realistic expectations and rules; communicating to teens about dating, sex, drugs, and alcohol; dealing with teen and parent anger; and building developmental assets. Parents have responded positively to the program, saying that the new information helped them cope better with their teens’ changes. Even professionals who have taken the class remark that the training will help them with assessments and assist parents in raising their teen based on the new information.

Positive Parenting

Last year, nearly 700 parents in fragile life situations participated in Positive Parenting classes. These included single or unmarried parents, stepparents, grandparents raising grandchildren, and incarcerated parents. Over the course of the 9-hour program, parents learned how to discipline their children without physical punishment, to set appropriate limits and consequences, to listen better, and to deal with anger. They also learned to recognize positive behaviors, build mutual respect in their relationships with their children, develop responsibility and avoid overindulgence, and monitor their children. After taking the course, parents said that they learned that there is more than one way to discipline their children, they won’t make a compliment then take it back, and will evaluate problems before reacting.

Quality of Life:
In a Positive Parenting exercise, families build a balloon tower of traits that make their family strong.
Navy Dads Make a Difference

Fatherhood can be a challenge, especially for fathers in the armed services. Since 1998, Duval County Extension’s Family and Consumer Sciences Department has been partnering with two Navy bases, NAS JAX and NS Mayport, to offer workshops on building strong families, early brain development, positive parenting, and the difference a dad makes in a family. Through What a Difference a Dad Makes, last year nearly 220 Navy fathers learned of the benefits of an involved father, the five roles of an involved dad (playmate, preparer, provider, principled guide, and problem-solver), and why these roles are important for their child’s development. After taking the three-hour course, these dads were committed to increasing their involvement in their child’s life and providing more emotional support to the child’s mother through her pregnancy and beyond.

Extension Newsletters Keep Jacksonville Ahead of the Curve

The key to a higher quality of life is a well-informed community. That’s why Duval County Extension works to keep its clients up to date with monthly, bi-monthly, and quarterly newsletters.

The Captive Audience is a monthly notice of upcoming programs and events in all program areas, with registration and contact information for easy planning. Keep this next to your calendar and you’ll always know what’s going on.

Duval Agriculture Today is a quarterly offering of information and recommendations on everything from growing vegetable crops to stocking farm ponds. It also features information to help you keep on top of dates for workshops, short courses, and field days.

Commercial Clippings serves the commercial horticulture industry in Duval, Clay, and Nassau counties. This bi-monthly newsletter keeps readers informed of the latest fertilizer regulations and pest threats and includes regular Q & A sessions, featured creatures, and information about continuing education classes. It also includes a handy mail-in class registration form.

A New Leaf is a comprehensive bi-monthly for Jacksonville’s gardening community. It features articles about things to do and plant in each month, how to protect your lawn or garden from insect pests and plant disease, and how to enjoy wildlife in your own back yard. Whether you’re a Master Gardener or just starting to green your thumb, you’ll find useful information about how to keep your lawn and garden thriving all year long.

The Clover Patch is a bi-monthly publication of the Duval County 4-H that keeps members informed of all the latest 4-H programs and events happening in our area and across the nation.

All newsletters are free to the public. Issues are available online at http://duval.ifas.ufl.edu. If you’d like to subscribe to any of our newsletters, call 904-387-8850.
Junior Master Gardener and the Jaguars Foundation: A Partnership Helping Youth

In youth education, there’s hands-on experience, and then there’s hands-on experience—as in sinking your fingers into a plot of rich, dark soil. Since 2001, 4-H and the Jacksonville Jaguars Foundation have partnered with the Junior Master Gardener program (JMG) to bring this kind of experience to Duval County schoolchildren.

JMG is an international youth gardening program that takes the science of horticulture into the classroom and beyond. It enhances classroom education through hands-on learning activities and provides curricular materials that help youth learn and retain science through concrete experience. With the help of Master Gardener volunteers, youth plant and tend gardens at each school. Butterfly gardens teach students the life cycles of insects, herb gardens awaken their sense of smell and taste, and vegetables grown in containers or hydroponic systems encourage them to make good nutritional choices.

But JMG is about more than planting gardens. The program instills a sense of community in each participant through community service projects. These projects are as exciting as they are varied, including overseas projects such as collecting and sending shoes to orphans in Afghanistan. Local projects have included picking...
American troops pass out shoes to the children at an Afghan orphanage. The shoes were collected as part of a Junior Master Gardener service project.

up trash and cleaning landscape beds at schools, sending "hug" cards to servicemen at local VA hospitals and children at Nemours Clinic, and sending thank you cards to policemen, firemen and city council members. When youth perform community service activities they gain skills in problem solving, decision making, and goal setting. "I really think that the program is a great learning experience for kids," says Dolores Barr Weaver, chair and CEO of the Jaguars Foundation. "They learn about culture, and I think they learn about themselves."

Over the years, JMG has reached thousands of youth in Duval County schools. There are currently 30 classrooms in 8 elementary schools led by 19 Master Gardener volunteers participating in this program, reaching over 600 youth. The program targets schools with a high percentage of students who qualify for free and reduced lunch programs, and serves a population with 55% of students declaring themselves to be minorities.

The partnership with the Jaguars Foundation began in 2001. Since then, the Foundation has given $120,000 to support the youth of Duval County. The current Jaguars Foundation grant is a two-year, $30,000 challenge grant which is then matched by local gifts and donations.

The Junior Master Gardener program is a vital part of the Duval County 4-H. With continued support from our volunteers, government, and private sponsors, this program will continue to have a positive impact on the lives of Jacksonville youth.

You can learn more about the Junior Master Gardener program at http://www.jmgkids.us.
For more than 35 years, the 4-H Expanded Food and Nutrition Education Program (EFNEP) has been teaching low-income audiences in Duval County how to improve their dietary practices and become more effective managers of available food resources.

The goal of EFNEP is to prevent the increase of childhood obesity in low-income youth. EFNEP strives to achieve this goal by increasing knowledge of human nutrition, encouraging selecting and eating a greater variety of nutritious, low-cost foods, and improving food preparation and safety.

EFNEP offers after-school, outreach, summer camp, and in-school nutrition enrichment programs and a peer nutrition education program. EFNEP partners with the Jacksonville Children’s Commission to provide nutrition education in 28 after-school programs. After-school students receive a total of six hours of nutrition education per year on topics such as MyPyramid, food safety, healthy dining out, and portion sizes.

EFNEP also provides nutrition education in middle schools during health classes. Students complete the nutrition education curriculum called Exercise Your Options, which was developed by the California Dairy Council. Students receive a total of six hours of nutrition education over a one-week period, completing activities on general nutrition and physical activity, healthy dining out, and healthy breakfast options. After completing the nutrition education lessons, students learn to make homemade whole wheat bread.
During the summer, EFNEP assists summer camps funded through the Jacksonville Children’s Commission by providing nutrition education. After completing a course on nutrition, campers have the opportunity to participate in the Nutrition Olympics, an interactive game designed to reinforce instruction. The Duval County Extension office hosts the Nutrition Olympics twice each summer as a field trip opportunity for camps.

During the 2007-2008 academic year, 4-H EFNEP has provided outreach nutrition education to 5,662 low-income youth in Jacksonville. A survey of program participants indicates that 93% increased knowledge of essential nutrition, 87% increased variety of food consumption, 91% increased selection of nutritious, low-cost foods, and 98% demonstrated improved food preparation and safety practices.

To learn more about EFNEP, visit http://efnep.ifas.ufl.edu.

**Urban Gardening Program**

Urban Gardening is a federally-funded program that manages 6 community gardens with 60 families feeding 298 people. It provides garden plots to individuals who meet Health and Human Services poverty guidelines. The program also provides education and outreach to participants and home gardeners. Each year the Urban Gardening Program trains over 500 individuals at two demonstration gardens and conducts community events and educational workshops on sustainable vegetable and herb production, selecting the right plant varieties, and how to produce these with minimal inputs. The Duval County program is the only federally-funded urban gardening program in Florida.

To learn more about the Urban Gardening Program, visit http://duval.ifas.ufl.edu/lg_urban_gardening.shtml.
Duval County Yards and Neighborhoods Program

Last year over 1,100 Duval County homeowners learned how to make their landscapes greener and more Florida-friendly. Florida Yards and Neighborhoods, a UF/IFAS program funded through the Jacksonville Environmental Protection Board, teaches homeowners, landscaping professionals, builders and developers how to beautify their landscapes responsibly while saving water and protecting native plant and wildlife resources. Forty-seven workshops taught homeowners how to care for their landscape in an environmentally responsible way. Selecting plant material adapted to the site requires less fertilizer and pesticide, thereby reducing the risk of runoff or leaching into storm water and groundwater systems. Based on survey results, 1,114 participants became more knowledgeable in Florida’s landscape practices and indicated that they would conserve water to help prevent water pollution. Seventy-one percent indicated they would maintain their landscape in a more environmentally friendly way. Furthermore, Duval County’s Yards and Neighborhoods Program was recognized and commended for outstanding community outreach in 2007 by Mayor John Peyton.

For more information about Florida Yards and Neighborhoods, visit http://fyn.ifas.ufl.edu/

Landscape Requirements for Green Building

In partnership with JEA and the St. Johns River Water Management District, Duval County Extension has developed a curriculum and provided a workshop that focuses on the fundamental aspects of landscaping and how it integrates into “green” building. Landscape architects, designers, and installers as well as builders and nursery owners received a compilation of...
national green building guidelines that included performance or prescriptive instructions to use in construction projects. These instructions address materials use, design principles, choosing native plants, and planting for success. A “green” landscape has less water and maintenance needs because plants that are selected are better suited to the site. The program was very well-received and it will be expanded in the future.

**Septic System Educational Campaign**

In order to mitigate the number of failing septic tanks in Jacksonville, Duval County Extension has developed workshops to teach homeowners and professionals how to maintain, identify and prevent septic system failure. Using print media and Citizens Planning Advisory Committee meetings, we educated an estimated 2,000 homeowners on the signs of a failing septic system, such as sinks and showers that drain more slowly, and abnormally healthy-looking turf over the drain field. Additionally, a Soils and Wetlands workshop trained 43 Department of Health employees to identify and measure the median high-water table when conducting septic tank inspections and issuing permits. Ninety-one percent of Department of Health employees indicated they could use the information when issuing permits to determine if a septic system would endanger water quality.

**Job-related Training for City of Jacksonville Employees**

Jacksonville’s tree ordinance requires replacement trees to meet high standards of quality. To help meet these standards, Duval County Extension last year conducted seven hours of training in the Florida Department of Agriculture Grades and Standards of Landscape Trees and Plants. With this training, City of Jacksonville landscape inspectors and their supervisors were equipped to ensure quality trees are being planted according to code. Moreover, streets and highways superintendents and municipal code enforcement inspectors were given six hours of training to help them recognize hazardous trees. This enabled the streets and highways supervisors to recognize trees on city rights-of-way, and the code enforcement inspectors to recognize trees on residential property that may be potential hazards and have them removed. Additionally, parks maintenance workers received three hours of training on proper tree pruning practices and methods. This will improve the standard of care that trees in our city parks receive, increasing their life spans.

**Dollar-wise Home Improvement**

One third of the average household budget is spent on the furnishing, operation, and maintenance of the home. People are looking for ideas to update and improve their living space and enjoy the do-it-yourself approach to saving money. In the past year, Duval Extension has served 1,744 clients interested in housing revitalization or environmental issues. Approximately 500 people enrolled in Dollar-wise Decorating, an eight-lesson home study course covering topics such as design basics; color selection; furniture arrangement; selection and use of accessories; window treatments; and carpet selection and care. As a result of applying their new knowledge, participants estimated they saved an average of $429 per person. In addition, two-hour seminars are held at five regional library locations throughout the county, teaching designer skills to manipulate space, enhance interiors, and revitalize with little cost. Various classes are also offered throughout the year in near-environment issues such as mildew control, energy conservation, and improving indoor air quality.
Creating Tools for Prosperity

Growing Small Farms

The high cost of fuel and fears about the safety of our food supply have led many consumers to an inescapable conclusion: it’s better to buy local. In order to capitalize on the growing “buy local” movement, Duval County Extension’s small farms educational programs are designed to teach owners of small farms how they can market their products and services at local farmers’ markets. These classes demonstrate how proper marketing and displays can make their produce more attractive to consumers and help them jump-start a small business. In 2007, small farms educational programming recruited 26 new businesses to produce local sustainable vegetables and fruit for market. Most of these producers are taking their products to a newly-established green market in Jacksonville Beach. The project has been so successful that a group of stakeholders is currently planning another green market for the Riverside area.

For more about small farms, visit http://smallfarms.ifas.ufl.edu.

Extension Program Saves Farmers Money

In 2007 on the Griffin Farm, busy schedules prevented farmers from monitoring parasites within their goat herd. By early summer, the goats had been grazing for months with no treatment. The Griffins considered not bringing the animals in for treatment because low supplies of dewormer would prevent them from treating all of the goats. However, using the FAMACHA inspection system recently taught by Duval County Extension, they were able to sort off, identify, and treat only the most severely affected animals. To their surprise, only 6 of the 35 goats needed treatment. Not having to treat all the animals reduced stress and saved the farmers over $250.

Farmers’ markets, other small businesses and consumers are among those who benefit from a variety of statewide Extension programs designed to improve the quality of life. UF/IFAS Photography.
Extension Certifies Child Care Providers

To address the need for highly trained child care providers, last year Duval County Extension offered child care training classes to 428 child care professionals. The Early Childhood Professional Training Program helps child care providers with Continuing Education Units (CEUs), which are valuable for renewing their Child Development Associate (CDA) credentials. Over the course of a year, the monthly classes taught child care providers to encourage young children to solve problems, to practice more patience and understanding of children’s development, to involve the children in establishing consequences, and to use more active listening skills, among other things. After six months, the child care providers have shown improvements in their centers. They have developed new vegetable and butterfly gardens, drawn attention to children’s artwork by putting it on a bulletin board, made the room design to be more conducive to exploration and discovery, and improved communication skills for working with parents.

Get Checking, Jacksonville!

Thirty percent of Jacksonville residents have been locked out of mainstream banking, making them easy prey to expensive, even predatory, financial services. The First Coast Get Checking program is an educational intervention that allows people to open second-chance accounts at eight local banks and credit unions. This year 118 individuals completed the six-hour *Get Checking* course, which covers choosing and managing financial accounts, budgeting, and credit. They passed a competency test and received a certificate qualifying them to open a previously denied checking account. By avoiding check-cashing and money order fees, these individuals will collectively save $23,600 in their first year of having a checking account. In the three years the program has been in operation, 291 people have received certificates.

**Building Your Financial Future**

Another strategy to help address financial woes in our community has been a course for bankruptcy filers called *Building Your Financial Future*. Last year, thirty-nine individuals completed and received information to assist them to better manage their money. All of the participants surveyed said that the information was relevant to their lives, easy to understand, and motivated them to change key money management behaviors, use the financial plan they developed in class, and save for future emergencies. Eighty seven individuals have completed the course during the last two years.

**Money Management at CCD**

Accommodating those in need of financial education but unable to reach out, last year 80 inmates of the Duval County Community Corrections Division participated in Money Smart, a 10-hour money management series covering budgeting, saving and credit prior to their release. Their perceived knowledge score increased from 60% pre-class to 91% post-class. Participants indicate an attitude change and willingness to change behaviors by making careful choices, using a calendar to keep up on bill payments, drawing up a budget, and avoiding overspending.
Jacksonville Youth Prepare to be the Leaders of Tomorrow

To better prepare for future leadership, Duval 4-H members have a unique opportunity to learn skills in parliamentary procedure, public speaking, debate, problem-solving, networking skills, and the formal structure of policy-making through the Florida 4-H Legislature. This five-day learning laboratory simulates Florida state government. 4-H members serve as the Florida 4-H Governor and Lt. Governor, senators and representatives, lobbyists, pages, legislative aides, and news media. Participants use pieces of 4-H legislation that Florida youth have submitted during the year and meet in the Capitol building committee rooms, debate in the house and senate chambers, conduct press conferences, and tour the Florida Supreme Court. Adults learn beside teen participants and serve as advisors.

This year Duval County was represented by fourteen 4-H members and two adult volunteers in Tallahassee, Florida. The Duval 4-H delegation had two award winners: Andrew Pantazi, who won the top senator award; and Racquel Doty, who won one of the top three lobbyist awards. Many of the participants have taken an active role in serving as pages and have spoken on important issues to Duval County 4-H members at Jacksonville City Council meetings.

In order to qualify to go to the Florida 4-H Legislature program, Duval County 4-H members must have served on the planning program for Duval 4-H My Government Day. This activity allows the 4-H members to plan a local government simulation. This past year the group worked with the City of Jacksonville Emergency Preparedness Department planning a simulated hurricane. 4-H members sat in the seats and used the
equipment that emergency workers use during a real disaster. Other local government simulations have been a city council meeting and a jury trial.

These activities support the 4-H slogan, “Learning By Doing”. The Florida 4-H Legislature Program encourages life skills development, preparing members to be productive adult community leaders in the future.

**Master Naturalist Volunteers Provide Environmental Education**

The Master Naturalist Program develops a local corps of “master volunteers” to provide education, outreach, and service dedicated to the beneficial management of natural resources and natural areas within our communities. Many communities and organizations rely on volunteers to implement youth education programs; operate parks, nature centers, and natural areas; and provide leadership in local natural resource conservation efforts. In 2007, 55 program graduates completed 40 hours of classroom and field training to develop and deliver educational programs that enhance the public’s knowledge and enjoyment of Florida’s natural systems. The participants also performed service projects for local environmental efforts, including a brochure on constructing low-maintenance buffer zones along waterways, a sea turtle nesting demonstration used in Jacksonville oceanfront parks, and an environmental science club for home-schooled children. Based on a 2007 survey, program graduates volunteered over 500 hours of service to schools, parks, and local conservation efforts.

**Master Gardeners Volunteer for 10,603 Hours**

With the large urban population in Duval County, Master Gardener volunteers share their gardening experience and knowledge by volunteering to answer questions, assist with the Junior Master Gardener Program at several local schools, plant and maintain demonstration and community gardens, conduct...
plant clinics at local nurseries, test soil pH, write gardening articles for local newspapers, and speak to local groups about gardening topics. Master Gardeners are required to volunteer at least 35 hours per year. There are currently 172 active Master Gardeners in Duval County, and in 2007 they reported a total of

- 6,956 telephone calls
- 1,123 walk-in requests
- 1,460 soil samples processed
- 32 plant clinics set-up and manned
- 72 gardening presentations
- 106 news articles for the Florida Times-Union
- 7 major school projects
- coordinated a landscape project for 40 low-income homeowners

In all, Master Gardener volunteers have performed 10,603 hours of service, representing a value to Jacksonville of $206,864. Master Gardeners have played an integral part in making our community a better place to live, work and raise a family.

**Master Food and Nutrition Educators: Making a Difference**

Diet-related diseases such as diabetes and hypertension currently put 80% of Duval County’s citizens at risk. To survive nutritionally, people need to change their food buying habits and establish healthy eating patterns through better use of dietary guidelines and the food pyramid. Trained volunteers can be of great assistance by reaching Duval citizens with nutrition education.

In order to better train nutrition volunteers, the Master Food and Nutrition Education (MFNE) Program was created in 1994. Since then, 344 volunteers have been trained. The program provides participants with 50 hours of intensive education in nutrition, food preservation, preparation, and food safety. After completing the program, participants agree to return 50 hours of volunteer service in the next year by helping the county Extension office. Continued training is given on a regular basis and consists of an average of sixteen update sessions every year. Volunteers can recertify annually by completing 50 hours of volunteer work and 10 hours of additional update training.

Volunteers serve the Family and Consumer Sciences program in a number of ways, such as helping to conduct two weeks of youth culinary camp, teaching programs in food and nutrition, assisting Extension agents with programs, answering consumer food calls at the county office, conducting supermarket nutrition tours, assisting EFNEP summer camp or club work, helping clients at the canning facility, assisting with health fairs, and judging at youth and adult food events.

Over the past five years, an annual average of 83 trained volunteers have served 2,711 days in the program, representing $391,252 in volunteer time. Their efforts have reached a total of 124,334 Duval clients with food and nutrition education. Five hundred eighty four classes have been conducted by MFNE educators. Sixty three-hour supermarket nutrition classes have been conducted by MFNE volunteers to reach 312 clients.

**Home and Community Education**

A long-standing corps of Home and Community Education (HCE) volunteers continues to serve our Jacksonville community with service projects and home education. Fifty of these volunteers participated in a certified volunteer program and contributed 3,234 days, reaching 62,311 persons with their service.