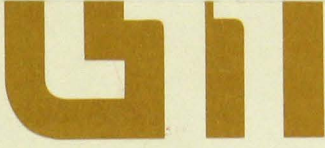


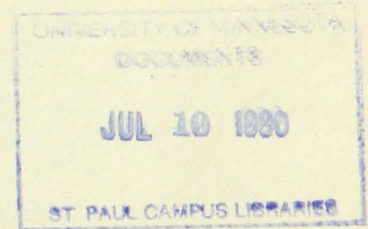
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A REPORT OF THE
METRO AREA EDUCATIONAL FOCUS
OF THE
MINNESOTA AGRICULTURAL EXTENSION SERVICE

PART I

Summary of Current Programs
and Outreach Methods
Meeting Educational Needs in the Metro Area



Prepared at the request of
Dr. Norman A. Brown, Director
by
Metro Extension Programming Task Force
and
Extension Faculty Advisory Group

March, 1981

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On September 18, 1980, Director Brown appointed the Metro Extension Programming Task Force and Extension Faculty Advisory Group. The charge to these groups was:

- To develop a report of current AES programs in the Seven County Metropolitan Area (Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington).
- In the context of needs, identify what the AES is uniquely qualified to do.
- Coordinate the development of mini-proposals on new or expanded educational efforts.

The report of the Task Force and Advisory Group is presented in two parts:

Part I. Summary of Current Programs and Outreach Methods Meeting Educational Needs in the Metro Area

Part II. A Series of Mini-proposals Identifying New and Expanded Educational Programs and Methods for Extending University Outreach in the Metro Area

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Part I
 Summary of Current Programs
 and Outreach Methods
 Meeting Educational Needs in the Metro Area

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A REPORT OF THE
METRO AREA EDUCATIONAL FOCUS
OF THE
MINNESOTA AGRICULTURAL EXTENSION SERVICE

Part 1

Summary of Current Programs and Outreach Methods
Meeting Educational Needs in the Metro Area

Introduction

The Minnesota Agricultural Extension Service (AES) has provided educational programs for residents in the seven county metropolitan area for 66 years. A summary of current educational outreach programs including the educational methods used in delivering these activities is presented in this report. Preceding the program summary, the seven county metro area is defined and the Agricultural Extension Service in the metro area is described.

Data used in compiling this report were obtained from several sources including: 1979-80 Annual Progress Reports from each of the seven counties, Minnesota Extension Management Information System (MEMIS), program reports from selected University Extension specialists and program leaders, and special state and county records and reports.

The Seven County Metro Area

Seven counties are included in the metro area: Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington. The 1980 census of population estimates for these counties are presented in the following table*:

<u>County</u>	<u>1980 Estimated Census of Population</u>	<u>% change since 1970</u>
Anoka	200,140	29.4
Carver	36,510	28.9
Dakota	196,990	40.9
Hennepin	909,766	-5.2
Ramsey	452,036	-5.1
Scott	45,560	40.5
Washington	112,040	35.0

Source: *Minneapolis Tribune "Metro-area Population Estimates,"
Sunday, August 10, 1980, p.8B

About 1,950,000 people reside in the metro area--about one-half of Minnesota's total population. Of this number, an estimated 60% live outside the municipal limits of the two central cities of Minneapolis and Saint Paul. The data indicate that fringe counties have been experiencing an increase in total population while the more populated counties of Hennepin and Ramsey have been experiencing population decreases during the past 10 years.

From 1978 population estimates for Minnesota counties prepared by the office of the state demographer, it appears that about 1.6% of the metro area population live on farms while 3.5% live in rural non-farm locations. Ramsey county, the smallest Minnesota county geographically, reports less than 0.1% of the

population living on farms. Thus, ninety-five percent of the metro county residents live in urban and suburban communities including the central cities of Minneapolis and Saint Paul.

The metro area of 3,000 square miles includes 300 separate political units. Educational needs emerge due, in part, to the transitions occurring within the various areas of the metro area. Residents in central cities, urban, suburban, rural non-farm, and farm areas have many common interests and needs for life-long learning. At the same time, there are issues and problems unique to each area and various political units as transitions occur.

The history of the Agricultural Extension Service in the seven county area describes a University educational outreach program in transition and an organization that has been sensitive to the changing educational needs of individuals, families, and communities. The following paragraphs provide a brief historical overview of major transitions in the AES during the past 66 years.

Historical Overview of AES in the Metro Area

Roots in Agriculture

The origins of current Agricultural Extension Service (AES) programs in the metro area are found in the national movement to improve rural life and agriculture during the late 19th century. Minnesota agricultural leaders were an important part of this movement to recognize and respond to the educational needs of farmers and rural families.

The Minnesota Farmers' Institutes, established in 1885, were the forerunner of the present Minnesota Agricultural Extension Service. Three members of the University of Minnesota Board of Regents, the president of the State Agricultural Society, the president of the State Dairy Association, and the president of the State Horticultural Society served on the Institute Board. One to three day educational meetings were held for farmers and farm wives in rural communities throughout the state with outstanding farmers and University faculty members serving as instructors. Reports of the Institute meetings from 1888 to 1926 were printed and widely distributed throughout the state as a learning resource. The reports included the subject matter presented at the meetings, and, thus, were the forerunner of today's extension bulletins, media releases, and experiment station reports.

In 1903 a superintendent of rural schools in Douglas County Minnesota organized boys and girls clubs to teach projects that had application on the farm as well as in the home. The purpose of the youth clubs was to improve agricultural practices while enhancing the farm home and quality of life for rural children and youth. The popularity of these clubs grew rapidly. The University Extension Specialists became a resource for information and support in establishing these learning experiences.

Legislation - State, County, Federal

The Minnesota State Legislature enacted legislation in 1909 establishing an agricultural extension division of the University's Department of Agriculture. The first director of the Minnesota Agricultural Extension Division was appointed

in 1910. Through the efforts of local businesses, the first county agricultural agents were hired in West Central Minnesota in 1912. In 1913 the Minnesota State Legislature authorized counties to levy taxes for county extension work.

In 1914, the Smith-Lever Act passed congress and was signed by President Wilson providing federal funds through the U.S. Department of Agriculture to match state funds for the work of the Agricultural Extension Service. Thus, a three way partnership was established to support University administered extension outreach programs in Minnesota. In many counties, farm bureaus were organized to cooperate with the local development of these programs.

Programs Begin in about 1914

Records indicate that extension work in the seven county area began about 1914 and focused on the educational needs of production agriculture farmers and their families living in these counties. In Dakota County, for example, the first agent was employed by the University of Minnesota, U.S. Department of Agriculture, and Dakota County Improvement Club to organize Farmers Clubs and "fight a hog cholera outbreak in the county." By 1915 about 1,150 Dakota County farmers were members of Farmers Clubs. Extension programs in Ramsey County began in 1914 when school clubs were organized to teach boys and girls how to raise corn, can foods, and make bread. These clubs later became known as 4-H clubs.

Educational programs for family members in the cities of Minneapolis and Saint Paul began during World War I due primarily to the national emphasis on raising and conservatively using food in order to win the war. Urban Home Demonstration Agents were employed in Minneapolis and Saint Paul in cooperation with Commerce Associations, Community Chest, and County Agricultural Societies as well as with federal funds made available through the Food Production Act of 1917. When the Food Production Act was discontinued in 1919, local and state funds were provided so this educational program could be continued.

The identification of local volunteer leaders who would extend the educational outreach of extension agents was an important development in the history of the Agricultural Extension Service during the early 1920's. The leadership project was initiated for youth. Older members of boys and girls clubs enrolled in this project and learned how to organize club meetings and to teach club members the information needed to successfully complete their projects.

During the 1930's, the Depression greatly influenced extension programs. The Emergency Relief Administration, Civil Works Administration, Works Progress Administration, and Rural Rehabilitation program reaching into every area of the state made requests for extension assistance. Educational programs included how to participate in federal feed and seed loans, crop production, family budgeting, home repairs, recycling materials, and how to keep the family happy at home by attaining and maintaining good health and providing inexpensive recreation. A Ramsey County report indicates that a special project "The Liveable Home" was written specifically to meet the everyday problems of the city homemaker.

A Research Base

Of particular interest is the role of University research in supporting the development of early extension programs. A 1932-33 report prepared by Mrs. Agnes Erkel, Urban Home Demonstration Agent in Ramsey County, reports: "The teaching of scientific principles in homemaking is very important. The home demonstration agent assumes that responsibility cheerfully but seriously, and verifies her subject matter through constant reference to experimental and research homemaking. The Bureau of Home Economics, Washington, D.C., and the Home Demonstration Service, University Farm, St. Paul, are the main source of teaching material...."

During World War II, county extension agents in the seven county area were again involved in administering programs connected with winning the war. Responsibilities of extension agents included not only educational programs in agricultural production but also helping find farm laborers, rationing farm machinery, and issuing building permits. Home agents were conducting educational programs on home food production and preservation as well as clothing conservation and mattressmaking projects. 4-H members were participating in programs such as Victory Gardens, Aluminum Drives, and Defense Bonds. Following the War, international exchange and inter-cultural understanding programs were also developed by AES in cooperation with the National 4-H Foundation.

Responding to Urban Needs

Following World War II, extension agents began reporting new problems and educational needs that were emerging due to greater urbanization in the metro area. From a 1946 report written by an extension agent in Ramsey County we read: "City population spilling into rural area is causing a realignment of school, highways, transportation, fire protection facilities...cow population is declining. Garbage, the mainstay of pork production in the county, may be buried if present disposal plans are followed. Rapid urbanization of rural areas calls for new approaches in Extension."

Planning was emphasized in the 50's--particularly long range program planning. In almost all counties, large committees (150-200 people) were formed to help agents identify educational needs of all county residents. Thus, Extension's role in addressing comprehensive social and economic problems were identified and efforts made to begin addressing these issues.

During the 60's and early 70's greater national attention was given to social and economic problems impacting urban areas. A national Extension document guiding future program development "A People and a Spirit," emphasized the need for greater program efforts with urban residents particularly the socially and economically disadvantaged. Limited new federal funding became available to expand urban Extension Service programs. New programs included the Expanded Food and Nutrition Education Program for low-income families which began in 1969, the Expanded Urban 4-H program in 1971, and an Expanded Urban Horticulture Program beginning in Minnesota with a major metro area study in 1974.

While AES programs began with an agricultural focus, extension faculty have expanded the curriculum of learning experiences and the program delivery methods so that citizens in both agricultural and, more recently, urban settings participate in metro area programs. University outreach in cooperation with county, state, and federal governments has been a partner with metro area residents in periods of development and transition since the Agricultural Extension Service was established in 1914.

The Agricultural Extension Service in the Metro Area

Mission of Agricultural Extension Service

Throughout the years since 1914 the mission of the Agricultural Extension Service has evolved due to a variety of social, economic, and political factors. The statement of mission for the AES as prepared and reaffirmed by President Magrath in April 1979 is as follows:

"The mission of the Agricultural Extension Service is to reach the people of the state where they live and work with educational programs designed to assist them with needs and goals identification, decision making, problem solving, community development and self-enrichment. Extension's function is education; education that extends the knowledge and resources of the University to persons and communities; and education that serves the needs and interests of people in Minnesota and society in general."*

Pursuit of this educational mission by the Agricultural Extension Service in metro counties, as well as the entire state, continues to take place through a coordinating framework composed of County Extension Committees, the University, and the U.S. Department of Agriculture.

Funding for AES Programs

Federal, state, and county governments appropriate funds to support the work of the Agricultural Extension Service. For fiscal year 1979-80, approximately 34.2% of the total AES budget was federal support while 43.7% and 22.1% came from state and county sources, respectively.

Federal funds are allocated to states on the basis of a formula in the Smith-Lever law and the major portion must be matched by funds from within the states. While there are no legal specifics regarding the county-University shares, historically counties cover local operating expenses for extension agents; provide county office space, equipment, and secretarial staff; and on the average pay one-third of the salaries of the county extension agents. An average two-thirds of salary support is provided by the University.

County funds are expended totally within the respective counties, subject to authorization by the Dean of the Institute of Agriculture, Forestry, and Home Economics or his delegate, the Extension Director. State and federal funds are used to employ specialist, administrative, and civil service personnel in University campus and area offices and to pay for operating expenses associated with program delivery and for publications and fringe benefits.

*Source: "Agricultural Extension Service Statement of Mission, Planning Assumptions, Goals, Objectives, and Priorities" Updated draft, October 22, 1979, p.1.

COUNTY EXTENSION FACULTY
METRO AREA
(Fall 1980)

Anoka County

Richard E. Swanson, Co. Ext. Director
Lynn M. Ihrke, Co. Ext. Agent
Patricia Morreim, Assoc. Co. Ext. Agent
Timothy R. Lawler, Co. Ext. Agent
James T. Winkler, Co. Ext. Agent
Summer Horticulturist
2 EFNEP Program Assistants

Hennepin County

James C. Kemp, Co. Ext. Director
Bonita A. Augst, Co. Ext. Agent
Roger S. Holmes, Co. Ext. Agent
Jean I. Low, Co. Ext. Agent
Robert J. Mugaas, Co. Ext. Agent
Eileen G. Anderson, Urban Ext. Agent
LaVonne H. Misner, Urban Ext. Agent
William J. Svendsgaard, Urban Ext. Agent
21 Nutrition Program Assistants (including EFNEP)
3 Urban 4-H Program Assistants

Carver County

Jeanne D. Markell, Co. Ext. Director
Donna Hastings, Co. Ext. Agent
Kenneth P. Schwinghammer, Co. Ext. Agent
4-H Summer Assistant

Scott County

David D. Hart, Co. Ext. Director
Carol L. Skelly, Co. Ext. Agent
Karen M. Louis, Co. Ext. Agent

Ramsey County

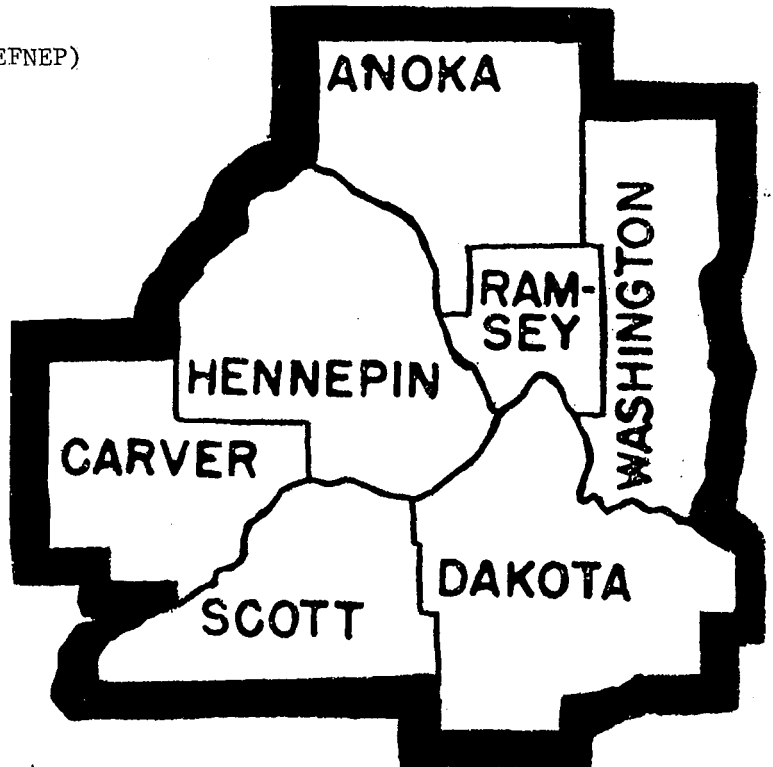
Catherine Nelson, Co. Ext. Director
Shirley Barber, Co. Ext. Agent
Joseph Peterson, Co. Ext. Agent
Connie Lewis, Co. Ext. Agent (on leave)
Evelyn Dose, Urban Ext. Agent
Wilma Gary, Urban Ext. Agent
Richard Byrne, Urban Ext. Agent
Summer Horticulturist
8 EFNEP Program Assistants
2 4-H Program Assistants

Area Extension Agents

David Nicolai, Crop Pest Management,
Experiment Station, Rosemount
Curtis Clint, Soils, Anoka
Michael Zins, Horticulture, Landscape
Arboretum, Chaska

Washington County

M.T. Barlass, Co. Ext. Director
Charles Leifeld, Co. Ext. Agent
Lorilee R. Sandmann, Co. Ext. Agent
Assoc. Ext. Agent (open)
Summer Horticulturist



Dakota County

Warren N. Sifferath, Co. Ext. Director
Elaine Klingebiel, Co. Ext. Agent
Mary Duncomb, Co. Ext. Agent
William F. Stoneman, Assoc. Co. Ext. A
Robert P. Olson, Assoc. Co. Ext. Agent
Summer Horticulturist
1 4-H Program Assistant

District Directors

Joe Fox
Rosella Qualey

Additionally, funds for restricted use including contracts for special projects from public as well as private sources are administered by the Agricultural Extension Service. For example, in the metro area funds for special projects have been secured to work with special audiences in foods and nutrition, expressive arts, personal management, and energy education programs.

Faculty, Staff, and Volunteers

County

The main thrust of extension programs occurs in the counties. As identified on page 6, in the seven county metro area there are seven county extension directors (each having programmatic as well as administrative responsibilities), 22 county and associate county extension agents, 6 urban extension agents, 37 program assistants, 5 summer horticulture assistants, and 3 area extension agents. Coordination and supervision of the county faculty and staff is provided by a team of two district directors who also have administrative responsibility for four additional counties which compose the eleven county East Central District.

State

Approximately 150 University specialists, all highly trained in a discipline or sub-discipline, are employed to support and give state-wide leadership for educational programs in their subject area. Specialists are members of collegiate department faculties. Their expertise is brought to bear in both state-wide and county programs by giving instruction to county staff and/or clientele groups, writing publications and providing information to and participating in mass media presentations, all of this based on research results from this or other Universities or USDA. Concurrently, extension specialists and county faculty identify and communicate problems requiring study to research colleagues in the collegiate departments. Thus, an important link with the Agricultural Experiment Station research program is established.

Volunteers

Efforts of county and state staff are multiplied through the enlistment and training of adult volunteers especially in the 4-H, home economics/family living, and horticulture programs. Volunteer leaders in the local communities receive information as well as assistance in "how to teach" and they in turn convey instruction to 4-H club members, homemaker extension study groups, and other participating clientele.

In fiscal year 1979-80, in the metro area the following number of volunteers were participating in AES programs:

Extension Homemaker Group Leaders	6,032
EFNEP Volunteers (youth and adult programs)	158
4-H club volunteers in three counties	2,333
Master Gardeners (horticulture)	87
	<hr/>
	8,610

Based on a recent study of the number of hours contributed per average 4-H volunteer, it is estimated that in the metro area nearly 275,000 hours of non-paid time were contributed by 4-H volunteers. At a current minimum wage, this represents nearly \$1,000,000 in contributed time for 4-H youth development programs alone in the seven county area.

Support Staff

Secretarial staff in county and area offices as well as on the St. Paul Campus support the county extension agents, state specialists, and administrators in their work. Additionally, personnel management, accounting services, program and staff development and training coordination, media releases, and publication/visual aids development and distribution are provided from the St. Paul Campus to support the work of county and state extension faculty.

Program Development Process

The Extension Service in the metro area, as well as throughout the state, is viewed as a dynamic educational system oriented to the delivery of educational programs to meet the changing needs of a diverse public. In carrying out this responsibility, the Extension Service is guided by the principle of "helping people to help themselves." The process of extension education involves working "with" not "for" people. It joins with people to help them identify needs, problems, and opportunities; study their resources; and arrive at the most promising courses of action considering their own devices, resources, and abilities.

Program determination is a deliberate intellectual process focusing on a careful analysis of the environment and peoples problems, interests, and concerns. While "grass roots" involvement of clientele in program planning is essential to learn of expressed educational needs, there are three additional bases contributing to program determination: analysis of environment and other societal conditions; emerging research results; and administrative response to support groups including legislative bodies, educational institutions, government agencies, special interest groups, and advisory bodies. Thus, program development is a continuous interaction process involving dialogue, negotiation, compromise, joint decision making, and coordination among staff members in the extension organization and other departments of the University, agencies, organizations, and advisory groups including County Extension Committees.

Within the seven county metro area, it is estimated that extension agents network with nearly 1,000 different agencies, organizations, and governmental or quasi-governmental groups in some aspect of program development. For example, in Ramsey County with a professional staff of seven agents, programs are planned, taught, and evaluated in cooperation and coordination with 226 agencies/organizations. Scott county reports coordination of program planning with community education programs to prevent duplication of offerings and to cooperate in publicity and promotion efforts.

Educational Outreach Methods

While educational needs are assessed with metro clientele, often in cooperation and coordination with other agencies and organizations, extension faculty must identify appropriate and effective educational methods. Faculty and staff resources have been limited in relation to the large number of potential metro learners. Thus, innovative and creative strategies for delivering information to a wide variety of audiences have been designed.

The spectrum of Agricultural Extension Service outreach methods which county and state specialist faculty use to teach in the metro area includes the following:

1. Mass media: newspaper articles and columns or feature stories; newsletters--regular and special; bulletins and fact sheets, fairs and festivals, exhibits, radio, television.
2. Individual contact: home, business or farm visits, office calls, telephone calls and telephone answering services.
3. Group contact: result demonstration, methods demonstration, meeting, tour, field day, seminar, workshop, clinic, short course, school, camp, contest, achievement day, conference.
4. Working with and through others as teachers and consultants: program assistants; volunteer leader systems; organized extension groups including extension homemaker study groups and 4-H clubs; producer, consumer, or community groups; governmental agencies; professional associations; neighborhood centers and organizations.

Summary of Major AES Educational Programs in the Metro Area

In this section of the report, the educational programs conducted by the AES during the past year are summarized. First, the summary focuses on the clientele group. Then, a summary of programs is provided including outreach methods as well as the agencies/organizations participating in the program.

It is observed that there is great variation in programs offered from county to county so that in some cases all counties may offer the program while in other cases only one or two counties has been involved in the educational effort. Due to the proximity of the University campus to metro residents, we also observe that extension specialists occasionally design and deliver educational programs or respond to requests for information received in person, via mail, or by phone.

I. Children, Youth, and Their Families

4-H Youth Development programs are the University's education outreach mechanism for children, youth and their families. The program's mission in the metro area as well as throughout the state is to extend the knowledge of the Land Grant University System to 4-H participants (youth and adults) in ways that assist them in their development.

4-H responds to the educational needs of youth and adults by providing for the involvement of parents, interested adults and older youth leaders in planning and conducting learning experiences with youth 7-19 years of age. While the content and educational methods used in each county or community vary according to educational needs and available resources, the common goal of all 4-H programs is the development of life skills deemed essential for youth to become self-directing, productive, and contributing members of families and the community.

During 1979-80, approximately 2,300 metro area adult 4-H volunteers were recruited, trained, and supported by county and state extension faculty so that nearly 25,000 youth benefited from 4-H "learn by doing" educational experiences. In addition, over 11,000 youth were involved in a 4-H energy awareness education program. Program planning involved participants as well as representatives of community organizations and agencies so that the normal developmental needs of youth as well as the special needs of youth with social, physical, emotional, or mental disabilities and problems could be addressed. For example, in Hennepin County 4-H programs were planned with about 50 different community groups.

Nearly 100 different 4-H projects and programs were available in the seven county metro area to respond to educational needs and interests. Curriculum areas included: animal and plant sciences, home economics, expressive arts, economics, health, safety, personal development, natural resources and conservation education, and the mechanical sciences including energy topics. Additionally, the 4-H curriculum emphasized the development of leadership and citizenship skills, i.e., those skills and understandings that enable participants to perform meaningful roles in society. In the context of organized 4-H groups, young people and adults had opportunities to understand and work with other people, establish goals and make plans to accomplish them, evaluate the results, and make decisions about future learning and group activities.

Educational methods used in the seven county metro area included:

- community 4-H clubs: cooperative group learning activities, individual project work often completed in the home, and competitive evaluation events.
- special interest, short term project groups: cooperative group learning activities most frequently in the community setting such as in schools, community centers, and city parks.
- camping experiences including day and residence programs emphasizing personal development through project instruction in an outdoor and cooperative setting.

4-H Volunteer Development

As shown in the following table, there were 3,737 teens and adults enrolled as 4-H volunteers in the seven county metro area during 1979-80.

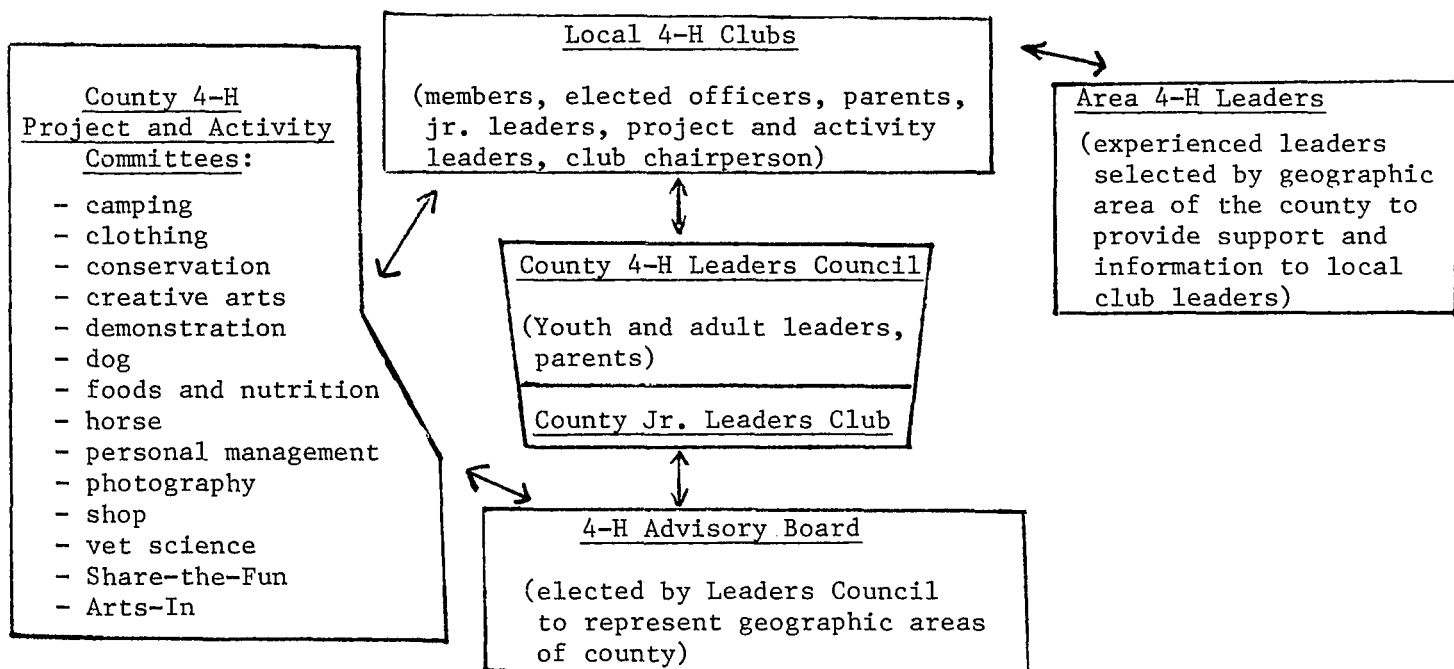
4-H Volunteers By County
1979-80

<u>County</u>	<u>Teen Volunteers</u>	<u>Adult Volunteers</u>	<u>4-H EFNEP* Volunteers</u>	<u>Total</u>
Anoka	252	344	19	615
Carver	129	226	-	355
Dakota	340	447	-	787
Hennepin	167	213	20	400
Ramsey	217	704	54	975
Scott	63	97	-	160
Washington	<u>143</u>	<u>252</u>	<u>-</u>	<u>395</u>
	1311	2333	93	3737

*Youth phase of Expanded Food and Nutrition Program--
a federally funded nutrition education program for
low-income families with young children.

Counties varied in how they organized to implement and extend programs with volunteers. All counties, however, had leader councils or federations with adult and teen leader members from local community clubs or organizations. Committees composed of mid-management volunteers, were organized and had important roles in planning special 4-H events and activities for youth. The following diagram is an example of a 4-H volunteer leader system:

Ramsey County 4-H Leader System



Training of the volunteers took place through leader training meetings, preparation and distribution of leader aids, handbooks, and materials, and volunteer participation in program planning. Additionally, county 4-H agents prepared family 4-H handbooks; newsletters for families, members and leaders; and consulted with 4-H volunteers on a one-to-one or small group basis as special programs or needs were identified. Area 4-H leaders were identified and trained in several counties to provide individualized support for local volunteers.

During 1979-80, the following volunteer training programs were emphasized:

1. Project Leader Training

Objectives of the training programs were for project leaders to gain knowledge and learn skills useful in helping members with their projects. Subject matter areas included horticulture, shop, photography, horse, rabbit, dog, livestock, dairy, clothing, creative arts, sport shooting, community pride, foods and nutrition, forestry, conservation, beekeeping, health-safety, junior leadership, and self-management.

In Hennepin County, a new self-instructional 4-H project teaching kit "Five Key Nutrients" was field tested in cooperation with EFNEP.

2. First Year Club Leaders

The curriculum included how to organize clubs and teach members the basics in: planning/conducting club meetings, planning projects, keeping records, presenting demonstrations, and becoming involved in events, activities, and contests.

3. Club Officer Training

The curriculum included learning officer duties, basics in program planning, parliamentary procedure, and recreation.

4. Experienced Adult Volunteer Update

The following topics were emphasized: increased training and involvement of junior leaders, teen development, family communication, update in project activities and events, new resources to support club programs, and utilizing the mass media.

5. Junior Leader Training

Junior leaders were involved in training programs in the following areas: personal management, public speaking and public relations, careers, citizenship, club planning, camp counselor skills, substance abuse, community development, recreation leadership, and winter survival/safety skills.

County extension 4-H agents served as teachers and managers of the county volunteer systems. They were supported by University specialists who provided staff development and training for the agents as well as program planning and curriculum resources for agents and mid-management volunteers to use in leadership development and the various project areas.

While most of the volunteer development programs were planned and conducted on a county basis, they were also supplemented with state and national 4-H leadership development programs. Selected 4-H volunteers from the metro counties participated in the following out-of-county leadership development programs during 1979-80:

State Programs

Junior Leadership Conference (week-long personal development conference, St. Paul)

County Project Chairperson Training in indoor gardening, consumer education, shooting sports, horse, and dog project areas.

Camp Counsellor Training Workshop

Conservation Leadership Camp

Pedal Power Camp (teen leader training in how to teach younger members bicycle safety and maintenance)

Arts-In (teen leadership training in expressive arts)

National Programs

Citizenship Washington Focus (week-long citizenship conference for teens at National 4-H Center, Washington, D.C.)

National 4-H Leaders Forum (week-long conference for adults focusing on leadership, programming, and recruitment at National 4-H Center, Washington, D.C.)

Evaluation of 4-H volunteer development programs is done on a continuous basis and its value is measured in terms of the impact it has on adult as well as youth development. During 1979-80, Ramsey County 4-H volunteers participated in a national survey conducted by the Search Institute of Minneapolis. The scores of the Ramsey County leaders were extremely positive, particularly when compared to nationwide 4-H survey results. Some examples are: Ramsey leaders scored above the national 4-H average concerning their attitude toward training opportunities available and toward the stimulation they received as leaders. They also scored very high in a category called organizational pride which is the confidence in one's organization growing out of community respect and effective innovation. Leaders felt strongly that they were contributing to desired goals and that the 4-H organization was very open to new ideas and programs--there was very low resistance to change.

4-H Youth Participation

4-H enrollment data for the three major outreach methods used in the metro area are presented in the following table:

4-H Enrollment in the
Seven County Metro Area by
Three Outreach Methods
1979-80

<u>County</u>	<u>Enrollment</u>			
	<u>Community Clubs</u>	<u>Short Term</u>	<u>Energy Program</u>	<u>Total</u>
Anoka	1,063	7,530	507	9,100
Carver	581	67	-	648
Dakota	1,382	685	1,423	3,490
Hennepin	1,226	4,012	6,134	11,372
Ramsey	1,301	5,877	2,602	9,780
Scott	470	201	225	896
Washington	<u>1,010</u>	<u>60</u>	<u>843</u>	<u>1,913</u>
Seven Co. Total	7,033	18,432	11,734	37,199
Statewide Total	46,651	24,603	38,937	110,191

4-H club members in the metro area compose 15 percent of the statewide 4-H club enrollment while participants in short term 4-H programs and the energy awareness program represent 75 percent and 30 percent respectively of total state participants in these programs.

In addition, about 600 youth from low-income families and neighborhoods participated in 4-H EFNEP programs in three metro area counties during 1979-80. Enrollment in this federally funded program was:

<u>County</u>	<u>4-H EFNEP Enrollment</u>
Anoka	171
Hennepin	97
Ramsey	<u>353</u>
	621 Total

In summary, metro area 4-H participants represented about one-third of all youth enrolled in Minnesota 4-H programs. Participation in metro area 4-H programs increased by 10,200 youth during the past year and was responsible for an increase in statewide 4-H participation. This growth was due to an increase in the number of youth participating in short term 4-H programs in the metro area.

Major 4-H Programs

1. Community 4-H Clubs

The organization and support of community based 4-H clubs through the recruitment and training of 4-H adult and teen volunteers was the major focus of metro area 4-H programs during 1979-80. Evaluation studies suggest that the impact on personal, family, and community development is greatest when year long involvement through club and associated county/state/national/ and international activities of youth and their families is maintained.

During 1979-80, a full range of 4-H club learning activities was made available in the seven county metro area including the following:

Project Training Meetings for youth and their families were conducted by county mid-management volunteers in the following project areas:

bicycle	home environment	bread/pie baking
dairy goats	indoor gardening	dog obedience
electric	pets	horse
geology	photography	tractor safety
rabbits	vegetable gardening	bicycle safety
livestock judging	meats judging	food and nutrition
conservation	shooting sports	aerospace

Training gained at these meetings enabled youth to plan and carry out projects at home with their parents often serving as home helpers. In addition, many clubs provided project instruction to their members through small group or one-to-one assistance provided by club project leaders.

Member Evaluation/Recognition Activities were provided in all counties. Specifically, a large proportion of 4-H members participated in county fair, demonstration and individual exhibit/evaluation programs. From 35-120 youth from each county also won the opportunity to participate in the Minnesota State Fair, and State Horse Show.

Counties provided member evaluation/recognition through a variety of other events including: Favorite Foods Shows, Style Reviews, Share-the-Fun Programs, One Act Play Contests, Public Presentation Events, Music Festivals, Arts-In Events, Demonstration Days, Horse/other livestock shows, and a variety of judging events.

At the conclusion of the year many members completed their 4-H records and entered county/state/national record judging contests. Several metro area 4-H members were awarded trips to National 4-H Congress in Chicago and/or college scholarships. Clubs and counties provided a variety of programs recognizing member achievement including key award luncheons, graduation banquets, and junior/adult leader banquets.

Camping Experiences including day and residence outings as well as summer and winter events were conducted to provide outdoor education learning activities. Although most participants were 4-H club members, counties reported the camping program attracted non-members as well. Most frequently 4-H junior leaders were trained and served as camp counselors. It is estimated that 15-20% of all 4-H club members participate in a 4-H camping program each year.

Member/Family Exchange Programs created opportunities to gain new understandings about self, families, and communities in all counties. Exchange programs were conducted between urban/rural families within counties as well as with 4-H families in other states including Pennsylvania and North Carolina. Two to four families in each county also hosted international 4-H participants from Japan and Norway during 1979-80. Several 4-H youth participated in out-of-country 4-H exchanges living with host families in other countries.

While host families and youth directly involved benefit most from these exchange experiences, entire 4-H clubs often become involved and gain important new cross-cultural understandings through these programs.

Teen Programs were designed with approximately 30-60 older 4-H participants in each county. During 1979-80 teen programs emphasized career education, communications/public relations, and leadership development. Teens were frequently involved in leadership development learning activities including the planning and conducting of new member orientation programs, camps, 4-H public relations and member recruitment efforts, county 4-H events, and community service projects. A variety of social activities were also conducted that introduced life-time sports and leisure activities to many.

Community Service Projects were undertaken by most 4-H clubs. For example, nine clubs in Anoka County collected 33 tons of paper for recycling and clubs in Carver County collected used eyewear for distribution by VOSH (Volunteer Optometrists in Service to Humanity) in developing countries.

2. Short Term Special Interest 4-H Programs

Short term 4-H programs are those learning activities organized and conducted by volunteers, program assistants, or extension agents to provide project instruction in specified subject areas for a designated period of time. These programs may also be organized to introduce 4-H to new families and neighborhoods so that 4-H clubs might be established. In some communities youth may not be interested or find it feasible to join a traditional 4-H club. It is expected that lack of money and family support, frequent change of address, and transportation problems are some factors prohibiting interested youth from gaining educational experiences through 4-H club participation.

A summary of selected short term programs conducted in 1979-80 in the seven county metro area follows:

Winter Emergency Preparedness Classes were conducted in cooperation with the American Red Cross in Anoka County. About 275 persons participated including school, Scout, CAP, and 4-H groups. Course evaluations indicated that 85 percent of the participants learned symptoms of frost bite or hyperthermia through this instruction. Over 90 percent gained new knowledge that would enable them to survive a night in the woods at below freezing conditions.

Mini 4-H Project Workshops. Dakota County offered after school workshops for 10-12 year olds in cooperation with 25 schools. Topics were: pets, fun with foods, and arts and crafts. Approximately 590 students participated in three after school mini-workshops. Twenty-five 4-H junior leaders were involved as planners, organizers, and program managers. Six new 4-H clubs were formed and additional urban families were introduced to the educational programs available through the Dakota County Extension Service. Community education directors indicated that the programs were an important contribution to the after school needs of youth and their families. A similar program in Southwest Minneapolis reached 100 youth and one new 4-H club was organized when a 4-H leader was recruited.

The 4-H Learn to Earn Project helps youth learn how to set up and operate their own snow removal/lawn care business. The project was offered in Hennepin and Ramsey counties through cooperative programming with the Camden and Minneapolis Girls Clubs, and Eastside (Minneapolis) Services Job Bank, and the Roseville Youth Service Bureau. The Toro Company cooperated in providing for this 4-H project's design and training component statewide. During 1979-80, fifty-five Hennepin County youth attended training sessions for the Snow Removal Business with eighteen operating a business last winter. Ten youth, 12-18 years of age, as well as 6 adult leaders participated in Ramsey County. A random survey of Hennepin County youth after one of the better snowfalls indicated profits ranging from \$5-\$25 per person. Several youth continued this 4-H project in the spring and summer with a lawn care business.

Pedal Power: a bicycle project for teens. Teen participants were recruited in cooperation with 4-H leaders, other youth organizations, libraries, churches, and schools. Law enforcement departments in selected cities as well as the State Department of Transportation cooperated in designing and supporting this statewide 4-H program. About 15 Hennepin County youth including 5 4-H members participated in the state Pedal Power Training Camp. Following this training they planned and conducted 15 programs including classroom visits, bicycle rodeos, and educational demonstrations at 4-H club meetings. This program emphasized safe and fun bicycle recreation activities for teens and younger youth. Thirteen participants from Ramsey County including three 4-H'ers, also attended the State Camp. Six scholarships were funded by the Mutual Service Insurance Company. These teens conducted bicycle safety workshops at Highwood Hills Parks and Recreation, Roseville Parks and Recreation site, McDonough Housing and with several 4-H clubs.

Mulligan Stew: a nutrition education program. A series of six 30 minute films and supporting classroom activities stressing good nutrition for 4th to 6th graders was used in 32 Ramsey County school classrooms. The series was used as a supplement to regular school curriculums and was viewed by 1,050 youth. The Ramsey County Extension Service provided training for teachers in basic nutrition education and supportive nutrition learning activities.

Workshops of Expression. These day-long workshops designed for limited income youth encouraged self-expression through a variety of art, drama, and music learning experiences. They were offered in eight Ramsey and three Hennepin County locations. Neighborhood centers, housing projects, and Latch Key programs cooperated in providing workshop facilities, publicity, and volunteer teacher/leaders. Over 300 youth in Ramsey County and 126 Hennepin County youth participated in these workshops.

Babysitting Clinics were offered in Ramsey and Dakota counties in cooperation with the American Red Cross, Mrs. Jaycees, and community centers. In Ramsey County, approximately 40 youth, ages 9-14, participated in these sessions and received certificates.

3. Urban 4-H Outreach

Since federal funds for 4-H Urban Expansion became available in 1972, targeted 4-H outreach programs have been conducted in both Minneapolis and St. Paul. Staffing patterns have included professional, para-professional (program assistants) and adult/teen volunteers. Considerable

attention has been given to planning and conducting programs in cooperation with other community agencies and organizations.

A variety of methods have been used to reach disadvantaged, low resource, minority youth audiences and their families as well as to develop visibility and interest in urban 4-H programs. Short term and continuing community 4-H clubs have been organized in some areas where volunteers have been recruited and trained. Special interest project sessions lasting from several hours to several months have also been effective outreach methods.

In both cities, the urban 4-H expansion program has continued to grow. As people have become more familiar with the 4-H program and its potential, individual requests for becoming involved with 4-H as well as agency requests for cooperation in program planning have increased. The following paragraphs summarize major urban 4-H outreach efforts in Minneapolis and St. Paul during 1979-80.

Minneapolis 4-H Urban Programs included both organization and support of 25 community 4-H clubs as well as special interest project groups reaching nearly 2,900 youth. Over 300 adult and teen leaders were identified and trained to provide learning experiences for these youth.

Special project events for club members included an Art Overnighter in which 98 youth and 22 adults participated. Various art, storytelling, and musical activities provided an exciting series of learning experiences in a camp setting. Costs were kept at a minimum with participants paying \$4.50 and remaining expenses provided by financial contributions from the Minneapolis Kiwanis Club, individuals, and businesses. Participants requested that the event be repeated next year and its scope of projects expanded. A Project Parade was conducted to provide nearly 100 youth with a convenient and visible opportunity within their own community to exhibit a completed 4-H project and to also gain skill training and positive group experience.

To enrich 6-12 year olds creative experiences, to train agency staff in teaching skills and media techniques, and to provide visibility for the 4-H Program in Minneapolis, the Art-in-the-Park program was conducted in 35 locations throughout the city. Nine hundred ten children participated and 124 host agency staff received training to conduct these short term programs. Staff also included five summer CETA youth and three teens hired on Hennepin County funds. Evaluation results indicated that the workshops were productive and the creative experiences were appreciated by children as well as host agency staff. Plans are being made to transfer the successful Art-in-the-Park experiences to other 4-H project areas next summer.

An additional 117 short term programs were also conducted in Minneapolis. Cooperating agencies included public, private, and alternative schools; community school programs; Girls Clubs; community centers; parks, and churches. Time with youth varied from one to ten hours depending on the project presented. Programs of several hours included 479 short term members. One to two hour programs were presented to 2,349 youth. Subjects presented included: dog obedience, child care, pet care, arts and crafts, kite making, gardening, model airplanes, bicycle safety, creative dramatics, sewing, and understanding electricity. Classes were conducted to instruct youth in their topics of interest as well as to teach practical skills and encourage creativity. These short term programs have been a vehicle to encourage youth to develop interests and to pursue those interests whether through 4-H or other means.

Other Minneapolis urban 4-H programs included a farm-city exchange in which 20 inner city youth spent a day on farms and the Minneapolis Anti-Litter Campaign--a community service project in cooperation with the Committee on Urban Environment. During the year, the Minneapolis 4-H Program received an award from the Minneapolis City Council for its participation in the Anti-Litter Task Force.

St. Paul 4-H Urban Programs included a National 4-H Week membership promotion campaign in cooperation with shopping centers, banks, radio stations, and newspapers throughout the county. Both short term project groups and special interest youth groups were organized to provide 4-H learning experiences. In addition, five newly functioning community 4-H clubs were organized. With a staff of one urban agent, 1.5 FTE program assistants, one summer assistant, two county 10 hour per week assistants, and a core of teen and adult volunteers, a total of 5,877 youth (3,077 boys, 2,800 girls) were reached.

Neighborhoods benefitting from newly established 4-H clubs included Sheridan School/Eastview Community Center, East Side, Birch Lake Area, Snail Lake-Shoreview Area, and the West Side Neighborhood House 'Los Amigos'. Lack of success in recruiting volunteers limited the establishment of 4-H groups in the Forest Lake Area, Hazel Park, and the Merrick Community Center.

About 60 short term 4-H project groups were organized throughout the central city of St. Paul as a way to promote 4-H Youth Development and to build upon and share life skills with low resource, hard to reach and disadvantaged youth. Several of these programs have been described earlier including Mulligan Stew, Learn to Earn, Workshops of Expression, and Babysitting Clinics. Additional short term projects included: rocketry, outdoor cooking, creative arts, woodworking, 'new games' recreation, weaving, and nutrition lessons. Schools, community and neighborhood centers, Youth Service Bureaus, the St. Paul Parks and Recreation Department, the Ramsey Action Program, Housing Projects, and Capitol Community Services were among the agencies cooperating in provision of these programs.

4. 4-H EFNEP (Expanded Food and Nutrition Program)

During 1979-80, about 600 youth from low-income families participated in 4-H EFNEP programs in three metro area counties (Anoka, Hennepin, Ramsey). This federally funded program emphasizes food preparation skills and basic nutrition concepts such as selection of nutritious snacks. Program assistants may teach youth while conducting regular home visits with low-income homemakers and/or may organize one or more neighborhood clubs when volunteers are identified and assist in providing leadership for these groups.

In all counties learning experiences in raising vegetables were made available. For example, one program assistant in Hennepin County assisted 65 youth in planting and caring for a vegetable garden. Most youth had not tasted some vegetables so they gained not only new experiences in raising and harvesting vegetables but also in preparing and eating them.

A neighborhood day camping experience for 107 4-H EFNEP youth was conducted by training 4-H junior leaders and older 4-H EFNEP youth in Anoka County. Using the camp theme "Campaign for Good Nutrition" these volunteer teachers provided nutrition learning experiences, camp crafts, and recreation activities.

The largest of the metro area 4-H EFNEP programs is in Ramsey County with about 350 youth enrolled. The ethnic backgrounds of these youth are: 158 white, 114 black, 54 Hispanic, and 27 American Indian. Program assistants are encouraged to involve youth from EFNEP families in individual or group 4-H foods and nutrition activities. Low income youth in program family neighborhoods are a secondary target audience important to the progression of primary clientele as well as possible contacts for future EFNEP program family enrollment. Volunteers are recruited and trained so that subject matter projects beyond foods and nutrition are provided to stimulate and develop other interests/skills among these youth. During the past year, several youth from these groups prepared exhibits and participated in the county fair program. Several youth also participated in the county 4-H demonstration program.

An additional 650 youth are involved in the EFNEP Youth Outreach program in Ramsey County. This urban outreach program is designed for EFNEP program youth of 4-H age, community youth unattached to any organization (6-19 years), and youth identified by community organizations as needing the educational activities that Extension has to offer. During the year, 32 volunteers were recruited and trained so that short term projects could be offered in the following areas: babysitting, arts and crafts, woodworking, Art Under the Trees, clothing construction, model rocketry, human relations, expression workshops, and foods and nutrition. Community centers in housing areas, schools, playgrounds, community education sites, and churches have all been cooperative in offering their locations as meeting places for outreach youth groups.

A special Home Care Training Program was developed cooperatively with the Youth Service Bureau to train youth identified by the Bureau how to effectively perform home cleaning chores. Twenty-three youth participated in the pilot program and, of these, five were placed as part-time employees within the community. Teens evaluating the pilot program indicated that house cleaning was not attractive work and did not provide sufficient finances to meet their needs. Thus, the home care program will be shifted so that learning needed home care and maintenance skills that could lead to employment within the community will be done in relation to one's own first apartment or home.

5. 4-H and Developmentally Handicapped Youth

Specialized 4-H programs are organized in several counties to meet the needs of developmentally handicapped youth. Programs conducted in Hennepin, Ramsey, and Anoka counties during 1979-80 are summarized in the following paragraphs:

- In Hennepin County, Special Education 4-H Clubs were organized in 5 classrooms with 96 children having learning disabilities as active participants. Teachers in these Bloomington and Robbinsdale classrooms served as leaders in helping children prepare projects to be exhibited at classroom fairs. One of the groups also developed skills in conducting a business meeting and continued to grow in their understanding of officer roles and their abilities to speak before a group. Another group developed a slide tape presentation about their 4-H year to share with other 4-H'ers and special guests.

- In Ramsey County, the 4-H in the Classroom program involved 201 developmentally disabled persons in 19 4-H clubs with 21 teachers, 4 parents, and 5 teen/junior leaders providing leadership for project and club meetings. Learning life skills, peer relationships, acceptable interaction, and normalcy were strengths of the program. Activities were planned to build confidence and self-esteem while maintaining flexibility so that individual needs could be met.

Project activities included personal management, rocketry and aerospace, geology, photography, food preparation, nutrition, and woodworking. The East Parks Lions club provided funding for leadership tools, recognition ribbons, and needed project materials. Special events included an overnight camping experience for 18 participants and 8 volunteers who planned and prepared their menus, planted trees, and enjoyed nature study and crafts activities. Another classroom group planned, prepared, and served a Thanksgiving dinner. All clubs prepared posters and exhibits for display in their schools during National 4-H Week. Thirteen 4-H Spring fairs were conducted for ribbon recognition and achievement and 53 members displayed their exhibits at the county fair. Exhibits prepared by 34 members were displayed at the State Fair.

Evaluations from teachers and parents indicated that "4-H has made the difference in self concepts through project work and relationships", "my child has learned to follow directions through fun project work", and "by learning proper nutrition at school, parents are making changes in menus at home." School administrators and teachers involved in past 4-H programs ask for the continuation of the program even though classroom time diminishes due to mainstreaming.

- In cooperation with the Bar-None Ranch in Anoka County, verbally handicapped autistic children participated in monthly 4-H activities. Twelve 4-H junior leaders and two Extension staff members received special training from the Bar-None Ranch staff to understand autism in 9-13 year olds, social behavior of these children, and how to assist them in developing motor skills. The goal of the project was to enable autistic children to develop verbal communication and motor skills by working with the junior leaders in 4-H projects and recreation activities.

6. Youth Served in Cooperation with Other Agencies

Personal Management for Youth

Through the program development process in Ramsey County, it was determined that critical issues facing youth in the 1980's (e.g., meaningful employment, quality environment, energy, family roles, etc.) required the development of skills in making individual and group decisions. As the Ramsey County 4-H programs were reaching about 5 percent of the county's potential youth ages 7-19, the county 4-H faculty determined that the 4-H personal management project --a 4-H project that emphasizes the development of decision making skills-- should be extended to more youth through training of professional youth workers and teachers in other agencies as well as through 4-H volunteers. No other agency apparently provided this program or training opportunity within the county. Overall the goal of the program was to reach youth in cooperation with a variety of community organizations and agencies.

With a .66 FTE program assistant and the limited time of one professional extension agent, training programs were offered and organized. Educators and youth leaders working with both disadvantaged and high potential youth had equal enthusiasm for the program. During the year the following programs were implemented: 124 teachers from seven schools were trained and used the program with 2,149 youth; 47 specialists in five school districts received training and worked with 616 students--in both behavior management and high potential programs; Scout and Campfire leaders were trained to conduct the program with potentially 6,000 youth; several agencies found the training useful in their treatment programs for chemically dependent youth and young people in corrections group homes.

Evaluation indicates that the program should be continued. Youth organizations and several school districts are seeking training. In the words of one curriculum director "No amount of knowledge is useful without decision-making skills to apply that knowledge to personal life."

Energy Today and Tomorrow

This statewide 4-H energy awareness program was made available by the State 4-H office to school districts on a request basis during the year. Basically, the program was implemented through an hour long school assembly program presented by a University 4-H specialist. Teachers were then provided limited training and materials to continue learning activities in their classrooms. County extension agents had little involvement in scheduling these programs but did frequently arrange for the specialist to present the program to community groups during non-school hours. About 11,500 youth in six of the seven metro counties were involved in this 4-H program sponsored with the cooperation and support of four major power supply companies in Minnesota.

Plants for Us

In response to requests from school teachers for training in the plant sciences during 1975, Ramsey County extension agents designed the Plants for Us 4-H program. The purpose of this series of educational activities was for 8-12 year olds to better understand and appreciate the plants in our environment. Since 1975, 4,300 youth have participated in this 4-H program with 385 students participating during 1979-80.

Agricultural Production Classroom Presentations

Schools in Hennepin County request classroom presentations relating to agricultural production. Program objectives for the past year were for children (grades 2-4 and 6-8) to gain information on fall harvesting and uses/planting of seeds. The County Extension Director prepared and taught three lessons in Edina, Eden Prarie, and Minneapolis school systems reaching 258 students. As Minneapolis and other schools would like to expand the program, the agent is considering volunteer recruitment and training in the plant sciences.

Tree Seedlings

The Extension Service in several counties has involved youth groups in planting tree seedlings on public lands for more than 10 years. In Ramsey County, for example, Extension's role has been to order Department of Natural Resources seedlings, publicize the program with schools and other youth groups, prepare orders, and provide planting and maintenance instructions. In May, 1,100 youth, including 4-H'ers, school, church, Scout, and Cub groups planted 8,000 seedlings. Volunteer Master Gardeners assisted with the program.

Youth Programs at Arboretum

Extension Specialists and volunteers at the Arboretum offered three basic types of youth education programs during the year. Tours for school groups emphasized the horticultural aspects of the Arboretum, while others were more nature oriented. During the past year 83 school groups had guided tours with over 3,100 students involved. The maple syrup program drew an additional 30 groups with about 1,300 students and family groups totalling 300 people. A Children's Garden program was initiated during the past year to teach basic gardening skills, cooperative work, and gain feelings of personal accomplishment. As a pilot project, 20 children were enrolled from the local communities, and 20 children from the inner city participated, including 15 minority youth. The children met at the garden weekly for 14 weeks. At the conclusion of the project, 80 percent of the parents returned a questionnaire and indicated that the program was "excellent." No changes were suggested. An enthusiastic, energetic, creative, and empathetic volunteer added to the success of the project. A year round greenhouse experience for elementary school children was made possible due to contributions from a volunteer group that provided for needed renovations in the facilities. The primary objective of the program was to make children aware of the importance of plants in their lives. The hour and a half programs related to classroom studies and was adapted for K through 6. The learning activities included observations, planting, setting up experiments, role playing and other hands on experiences and discussions. During the year, 730 youth participated in the project.

II. Adults, Families, Consumers

Home Economics - Family Living Programs assist people in gaining knowledge, attitudes, and skills that enhance individual, family and community roles to improve quality of life. As program planning groups and advisory committees in each county assist county and state faculty in determining annual and long range program priorities, there is considerable variation among counties in the topics emphasized each year.

During 1979-80, programs in the seven county metro area addressed the following needs affecting urban families:

inflation and scarce resources
energy
foods and nutrition
housing
strengthening and enriching families
helping women cope with changing roles

Family and consumer education programs were provided in the urban communities where people live. They were carried out through a number of delivery systems including:

- 438 organized home study groups with about 6,000 trained volunteers serving as teacher/leaders.
- media (monthly newsletters to target audiences, weekly newspaper releases, radio and television programs).
- open meetings, workshops, and seminars. Extension agents conducted 3,126 meetings and assisted with 2,590 additional group sessions in which 157,000 persons participated.
- cooperative work with other agencies and organizations.
- response to approximately 25,000 consumer calls, letters, and office visits requesting information.

Home Economics - Family Living Programs were more than information dissemination. Considerable emphasis was placed on leadership development through the recruitment, training and support of the volunteers.

Volunteer Leader Development

County extension faculty rely increasingly on community volunteers to provide instruction for Home Economics - Family Living programs. Additionally, these volunteers provide leadership in planning and conducting educational activities that meet the educational needs of specific local groups as well as county audiences.

Home Council and Homemakers Study Groups

In each county Home Councils were organized with representatives from each of the home study groups. Officers were elected and county committees organized to provide leadership and direction for the study group and countywide educational

activities. Home Council committees sponsored activities such as special interest workshops and seminars, tours, scholarship programs, and craft fairs or workshops.

Extension agents report that the number of home study groups has remained relatively stable during the past year. The following table shows that there were 438 homestudy groups with nearly 6,400 members in the seven county area.

Home Study Group Membership in Metro Area
1979 - 80

<u>County</u>	<u>Number of Groups</u>	<u>Number of Members</u>
Anoka	29	667
Carver	28	428
Dakota	50	769
Hennepin	138	1964
Ramsey	117	1566
Scott	34	416
Washington	<u>42</u>	<u>564</u>
	438	6374

Training Programs

Home Council representatives and other members of the home study groups received training and information in a variety of ways including leader training lessons, workshops, newsletters, one-to-one consultation, and written planning and teaching guides. A District Home Councilors Training Day was conducted on the St. Paul Campus so that participants could exchange program ideas and discuss priority needs and concerns with council members from other counties. In Washington County a new guide for planning study group programs was prepared and made available to club leaders. The guide included a compilation of instructional resources (extension and other community resources) that enabled local groups to more independently find the information they needed through greater awareness of available educational resources.

All counties reported that monthly leader training lessons were conducted. Local study groups and some 4-H clubs sent representatives to receive training and information necessary so they could teach the subject to youth and adult club members. In almost all counties, a particularly important component in each lesson was "how to teach to help others learn." Leaders learned appropriate teaching methods and planning procedures so that effective lessons could be conducted.

Dakota County provided special focus on this aspect of leader development by providing teaching opportunities for homemakers having special skills. Eighteen creative skills workshops were offered during the year on topics selected through the program planning process. Homemakers having skills in the content area of interest were provided special training in teaching methods by the extension agent.

Thus, specialized skills could be taught by volunteers with minimal fees charged to participants.

Home study groups determined which monthly training lessons were of interest to their members and alternative topics were made available through pre-packaged learning modules and self-study materials. Due to the changing roles of women and costs in time and travel for monthly training meetings, extension agents report that this method of leader training is being requested more often and an increased number of self-study materials have been made available.

In summary, over 6,000 persons served as volunteers and participated in Home Economics - Family Living Training Programs. The following table shows participation in leadership roles in each of the metro counties.

Metro Area Home Economics - Family Living Volunteers

1979 - 80

<u>County</u>	<u>Number of Trained Subject Matter Volunteers</u>	<u>Number of Organizational Leaders</u>
Anoka	348	58
Carver	236	56
Dakota	600	100
Hennepin	1656	276
Ramsey	1404	234
Scott	408	68
Washington	<u>504</u>	<u>84</u>
	5156	876

Topics in which subject matter training was conducted are identified in the following sections of the report that summarize major programs conducted during 1979-80.

Major Program Accomplishments

Extension agents used a variety of outreach methods, including trained volunteers, to plan, conduct, and evaluate the following educational programs in the metro area:

1. Foods and Nutrition

The basic nutritional needs of individuals and family members as well as the time, energy, and financial problems associated with feeding families were addressed through foods and nutrition education programs. In addition, considerable attention was given to intercultural understanding through the study of food choices and preparation techniques used in other countries.

Thirteen leader training topics in foods and nutrition were conducted with from 60 to 275 volunteers participating in each of the lessons. Topics ranged from "Food Additives," "Creative Salads," "Interesting Breakfasts," to Japanese, Chinese, German, Italian, and Scandinavian foods and food customs. Community resource teachers as well as information from University Nutrition Specialists were used in these lessons. Homemakers gained skills in reading labels and understanding/evaluating the contents of food products. Through study of foods and food customs in other countries, they learned new skills in food preparation that not only saved fuel and food but also retained the nutritional values of the food. Techniques for making meal preparation more interesting and creative while saving money and providing for the basic nutritional needs of families were important outcomes for many homemakers.

In recent years, the number of requests for food preservation information has increased as observed through the number of telephone calls received by county extension home economists as well as the campus based Consumer Answering Service. Thus, specialized workshops have been designed to assist consumers in learning safe techniques for conserving foods while also retaining nutrients.

During 1979-80, five counties (Anoka, Washington, Hennepin, Scott and Dakota) provided food preservation workshops where participants could gain skills in canning and freezing foods through "hands on" learning experiences. In Anoka County, for example, the teaching garden and demonstration kitchen enabled participants to attend nine "Garden Power" classes from June through August so that they not only learned how to raise and harvest vegetables, but also how to prepare and preserve them. Participants indicated that this intensive learning experience gave them confidence to try new vegetable preservation and preparation techniques in their homes. Pre-post tests indicated that their knowledge of recommended food preservation techniques had also increased.

Short-Term workshops were also conducted in which recommended canning and freezing techniques were demonstrated. In Dakota County, a part-time professional home economist was employed to teach workshops in eight different locations. The Scott County program also encouraged participants to call the extension office for additional information as canning/freezing was undertaken in their homes.

News releases, radio programs, and feature articles on food preservation topics were prepared during the summer season by extension home economists. Topics were selected to correlate with the harvest time for fruits and vegetables as well as to answer the majority of questions being asked via telephone calls to their offices. For example, about 1,500 telephone calls were received by the extension home economists in Ramsey County during the past year. About one-half of the calls related to canning and freezing questions.

Campus based extension specialists supported these educational efforts. For example, the Extension Meats Specialist prepared nine radio programs, two television programs, and two news releases for distribution in the metro area focusing on consumer questions in meat selection, buying, storage, cooking, and nutritional quality. Additionally, the specialist received calls and letters from a significant number of metro area residents. Approximately 60% of this state specialists' time in consumer meats programs is directed to consumers in the seven county metro area.

2. Individual and Family Development

Metro area educational programs focusing on individual and family development emphasized strengthening families, parent roles, and personal awareness and growth. Extension home economists implemented educational programs through seven volunteer training topics, four workshops, distribution of self-study and mini-lesson materials for small groups, participation in the area conferences preparing for the White House Conference on Families, whole families programs, and several newspaper/radio programs. Additionally, state family life specialists assisted with a variety of inservice and professional development programs for human service providers and educators in the metro area.

Educational efforts to strengthen families, i.e., enable families to cope with tension and insecurity in our rapidly changing society, included the following leader training topics: Coping With Stress and Dealing with Change, Loss and Grief. Homemakers reported that they were trying over 25 different coping behaviors when over-stressed due to information they had learned from one training session conducted in cooperation with the Minnesota Mental Health Association. Cassette tapes were used by home study group leaders in Hennepin and Ramsey Counties to provide background information about death and grief and to stimulate open discussion on the topic. Participants indicated that the lessons had helped them understand the grief process.

An Anoka County workshop on "Helping Families Understand Death" was conducted with a local minister, funeral home director, and Extension Resource Management Specialist as teachers. Follow-up evaluation indicated that the program had been extremely helpful and that participants appreciated the opportunity to freely talk and think about death and its consequences.

Whole Families were invited to evaluate their present strengths and to learn ways of enriching their potential through educational programs offered in Carver and Dakota counties. The sessions included presentation, discussion, and total family activity. One of the goals was for learning and sharing to occur in a total family setting rather than in fragmented age or sex-role groups. Extension took leadership in planning and facilitating the family enrichment program with support from community education programs and local parent/family educators. A graduate teaching assistant from the University's Family Social Science Department participated in the Dakota county program. About 80 persons attended the Carver County series while 86 family members participated in the Dakota County Family Day. Noticeable changes occurred in how families interacted as the programs progressed. Families reported increased appreciation of one another's contribution to discussion as well as increased knowledge from the presentations. Many participants realized that stress can have a positive as well as negative effect on them as individuals and as families. In Carver County the greatest impact was made on a blended family--two single parents, each with three children, about to marry and establish a new family of eight.

Child and spouse abuse in the family was discussed during a two session series offered by Scott and Carver Counties. Evaluations indicated that many people did not want to become involved in abuse cases that they observed. They learned, however, that they could report abuse and not leave their names. They also looked more closely at their own discipline methods and felt that the series was worthwhile to them personally.

Strengthening parent roles was the goal for two leader training lessons. In Hennepin County, 225 volunteer leaders participating in "Building Self-Esteem in Children" learned the importance of positive feedback and listening to children. These leaders reported teaching this lesson to 1,900 homemakers. Nearly 50 leaders in Scott County participated in a lesson "TV and the Family." Pre-post evaluation with the leaders indicated that they now felt individuals could have an influence on what appears on TV; that TV does not always contribute to family togetherness--it does affect human relations and emotions; that while TV contributes to more aggressive behavior in children, it also results in a better informed generation of children. Leaders gained skill in developing criteria for evaluating TV programs and methods for dealing with family problems associated with TV.

Three leader training topics focused on individual awareness and growth: Achieving Ones' Potential, Valuing Homemaker Skills, and Changes in The Family. Through these lessons homemakers indicated that personal goal setting based on analysis of present and potential abilities was useful (and successful in several cases), that homemaker skills were not highly valued in an economic sense and they wished that this could be changed, and that careful consideration of personal feelings, beliefs, and attitudes associated with women's roles was needed as decisions about role changes were being made.

3. Consumer Housing Education

An estimated one out of every eight Minnesota families tries to improve the quality of their lives by making a major housing change each year. Consumer agencies indicate that housing is one of the major problem areas for consumers. This situation appears to be compounded by the financial magnitude of housing decisions as well as the complexity of legal, financial, and technological factors associated with a housing change. The goal of the consumer housing education program is for consumers to analyze their housing choices and make rational, informed decisions. In the seven county metro area, the Extension Service brings together the housing education resources of the University, a literature base consisting of the most relevant and realistic information available, and information from governmental and professional trades including the Minneapolis Housing Inspection Department, Savings and Loan Associations, private contractors.

During 1979-80, county extension agents with the support and assistance of extension specialists, provided consumer housing programs through shortcourses, specialized tours, and consultation with community organizations and agencies.

Four housing short courses were offered in the metro area during the year:

- a) Building a New Home was offered in Ramsey and Scott counties. Topics included: obtaining financing, property taxes, building codes, site selection and dwelling design, foundations, framing and sheathing, roofing, plumbing, wiring, heating, cooling and energy considerations. Participants indicated that it was a very valuable program as they could now save money and it would be easier to make decisions. During the past three years nearly 800 persons have participated in this series in Ramsey County.
- b) Buying an Older Home, a five part series developed to help the first-time buyer assess the condition of previously occupied homes and pursue purchase in a logical sequence was conducted in Hennepin and Ramsey counties.

Instructors have helped more than 600 Ramsey participants find a better buy by sharing their expertise in such areas as evaluating location and neighborhood, evaluating exterior and structural components, the condition of heating, plumbing, and wiring, legal decisions, and obtaining financing. The Hennepin County series was followed by a tour of older homes conducted in cooperation with the Minneapolis Citywide Advisory Committee on Home Improvement Education.

- c) Housing Alternatives, a series of six seminars designed for young adults responding to a variety of housing choices was offered in both Hennepin and Ramsey counties. The advantages and disadvantages of renting, buying, selling, or rehabilitating homes were explored. Types of homes considered included a single-family detached home, condominiums, cooperatives, and mobile homes. In Hennepin County the programs were co-sponsored with the Minneapolis Department of Community Education and were offered during the noon hour at a downtown location. Attendance ranged from 24 to 60 people per session.
- d) Remodeling Your Home, a six lesson shortcourse was designed for homeowners who were seriously contemplating a remodeling project and for those already involved in remodeling. Hennepin county offered the series in four locations with a total registration of 108 households while a single Ramsey county series reached 89 persons with a majority owning their own homes. Speakers addressed common remodeling problems for both do-it-yourselfers and those working with contractors.

The ice dam problem--a winter roof problem for about 80% of Minnesota homeowners during the winter of 1979--was addressed in Hennepin County. This topic was included in the Energy Home Improvements series with 180 people attending. A University fact sheet on ice dams was also distributed to 30 persons requesting information via phone while articles appeared in two newsletters reaching about 11,000 persons.

The Hennepin County urban agent served as a consultant with the Citywide Advisory Committee on Home Improvement Education (CACHIE). Information provided by this agent was disseminated through "Homeworks," a newsletter for homeowners, and "House Calls," a pilot consumer phone service answering questions on home repair and rehabilitation. The CACHIE chairperson recently wrote that "Through the excellent working relationship reinforcing one another's efforts and resources, we have reached thousands of families with accurate, practical, down to earth housing information which has saved Minneapolis property owners vast sums of money in their effort to conserve the aging housing stock of the city."

Other participants in the consumer housing education program report the application of their learning experiences in the following statements:

"We were able to buy a home for \$14,000, recognize and make improvements, and sold the home for \$33,000. Our efforts to improve the home seem contagious--neighbors are following our example by remodeling, landscaping, and painting their homes."

"Because of the course, I was able to negotiate a \$2,000 better price."

"The short course helped us assess our financial situation in relation to buying and maintaining a home, and helped us decide on a two-step plan involving a townhouse first and, hopefully, a single home in the future."

4. Residential Energy Education

Consumers, city and state governmental officials, contractors, architects, businesses providing home improvement services and supplies, realtors, and school, community college, and university teachers seek information that enables them to make effective decisions regarding energy consuming materials and equipment as well as energy conservation practices. Residential energy specialists at the University maintain a base of current information and transfer the findings of research to the public via publications, audio-visual aids, news media, a consumer answering service, and public meetings. Educational programs are planned based on local needs as identified by county extension agents. Residential energy programs in the metro area included:

Solar Heating In Minnesota - a one day program designed for consumers and housing professionals on residential solar heating and energy efficient design for new homes in Minnesota. Topics included were: Solar Energy Economics, Passive versus Active Solar Heating, Efficient Home Design, Intensive Insulation, Solar Availability, Estimating Heat Loss, Minnesota Solar Homes, Planning and Financing a Solar System. Speakers included Extension Energy Specialist, an architect, scientist, and representatives of Mid America Solar Energy Agency and Minnesota Energy Agency.

The workshop was conducted in three locations in the metro area with about 600 people attending. Pre-registration was required and some persons were turned away at the door. About one-half of the group attended for personal housing needs, while one-third attended because of business interests. Extensions' objective to present an informative conference from a research and technical base proved to be very helpful to participants. Overall the course was consistently rated very high. One comment was "a very worthwhile day--worth a vacation day in fact."

Weather-Wise Window Treatments - a program for consumers to learn about heat loss and saving energy through effective window treatments. Heat loss through and around windows can cost up to 26% of an average homeowner's energy bill. In Hennepin and Ramsey counties, about 200 persons attended this meeting while in Dakota County about 25 homeowners and renters attended a two-part series expanded to include additional information on interior design and energy.

Pros and Cons of Heating With Wood - a leader training lesson in Washington and Anoka counties included information on the economics of wood heating, purchasing wood burning stoves, and safety considerations when burning wood. Extension agents also conducted live call-in radio programs and two taped programs on this topic. Consumer phone calls have continued to increase. Plans are being made to offer more specific programs involving the county building inspector and fire department.

A Solar Energy Tour of homes with solar collectors and other energy conservation features was conducted for interested home study group members in Dakota County. Participants indicated that after the tour they had a much more positive attitude regarding changes in their energy conservation practices. They now wanted to learn more energy conservation practices.

Saving Energy - Update on Appliances, a leader training lesson in two counties, provided information on the new energy guide labels on large household appliances, ways to conserve energy in relation to home water heaters, and food/energy efficiencies when using the microwave oven.

Consumer Information Answering Service - Both campus-based and county extension faculty answered consumer questions via phone and through distribution of publications. Currently, there are 15 publications (folders, bulletins, and fact sheets) that answer commonly asked consumer residential energy questions. These publications include the following topics: "Home Insulation and Heat Loss," "Hot Water and Your Home Energy Budget," "Understanding Heat Loss and Energy Conservation Codes," and "Air Conditioner Efficiency."

Metro area media and extension newsletters provided metro residents with timely and useful residential energy information developed by University specialists. The Minneapolis Tribune and St. Paul Dispatch published feature articles while WCCO and WWTC radio stations broadcast programs on these topics.

The Science and Technology Research Office (Minnesota Legislature) has designated the Agricultural Extension Service as a "key resource" in community energy information assistance.

5. Resource Management

Metro area families, like many American families, are faced with increasing demands on their human, material, and financial resources. Economic decisions have become more complex. Personal and family goals, values, and roles may have changed and there is stress. New technologies as well as changing roles have created need for basic homemaker information, skills, and techniques. Information is needed to make satisfying as well as effective decisions.

Extension agents and University specialists have designed educational programs to meet these needs in resource management. Leader training lessons, workshops, and seminars have been conducted on a variety of topics in the metro area. Consumer answering services, however, appear to be the most widely used method of answering consumer questions, i.e., one-to-one consultations via phone, office visits, letters, or distribution of fact sheets and bulletins reach from about 600 to 1,500 persons per county per year. Additionally, over 20,000 persons utilized the campus based Consumer Information Answering Service during the past year. While this is a statewide service, it is estimated that 90% or more of the calls are from residents in the seven county metro area.

Three county-wide workshops dealing with legal affairs (estate planning and contracts) were offered in cooperation with county Bar Associations in Scott, Anoka, and Ramsey counties. Participants gained current information on inheritance laws and the probate process in Minnesota while also learning how to establish estates that meet family goals.

Leader training lessons in Washington and Dakota counties helped homemakers consider alternative approaches for dealing with limited time, energy and financial resources. As a result of these lessons, homemakers reported that it helped build better family relations when they approached house cleaning as a family responsibility even in households where there was a fulltime homemaker. To cope with inflation homemakers felt they could now take several steps in their homes to conserve energy, reduce entertainment/recreation costs, and food/clothing purchases. While some homemakers were anxious to use their time more efficiently, they learned that what they were now doing was something to feel good about.

Current topics in home sewing and care/maintenance of personal and family clothing were addressed through leader training lessons in Anoka and Scott counties. Homemakers learned sewing techniques and use of accessories to save time and money in preparing wardrobes for their return to the work force outside the home. Workshops in alteration techniques were also offered in Scott county so that women could adjust patterns, and current clothing items for a changing figure. About 20 women in a weight loss class at a local hospital learned clothing selection techniques so they could look their best while losing weight.

Consumer Answering Services are provided by county extension offices and the campus based Consumer Information Office. An estimated 25,000 calls and letters are answered annually with about one-half of the calls at both county and campus locations dealing with foods and nutrition/food preservation questions. The remainder of the calls cover a variety of topics including stain removal, clothing and textiles, household pests, household furnishing and cleaning problems, and purchase of household appliances. Questions regarding home energy appear to be increasing. The following table indicates the number of telephone calls by subject received by the campus-based Consumer Answering Service for 1979-80. In addition, specialists answered 208 inquiries by letter and disseminated 7,176 publications.

Consumer Answering Service
Telephone Calls By Subject
1979-80

<u>Subject</u>	<u>Number of Calls</u>
Clothing and Textiles, selection and care	2,829
Food Science and Nutrition	12,969
Home Furnishings	213
Home Management	239
Household Equipment	1,134
Housing	996
Miscellaneous	<u>1,885</u>
Total calls	20,265

6. Career Guidance for Women and High School Students

While most schools and colleges have developed excellent career counseling programs and support groups for re-entry women as well as for high school graduates, Extension agents often see women before they are ready to take advantage of these services. Fear of failure and the unknown rank high among the concerns expressed as well as dealing with change and transition.

Volunteer teaching through Extension programs continues to be recognized as a method of preparing persons for careers. In some cases, provision can be made for competency based performance evaluations for community college and University degree programs.

Career Guidance Program objectives for adults and youth are to:

- explore job opportunities and careers while developing marketable skills and attitudes through volunteer experiences.
- gain an understanding of careers in agriculture, horticulture, forestry, home economics or youth development.

During the past year, the Director of the Governor's office of Volunteer Services met with the Ramsey county faculty to assist in designing an office system for documentation of volunteer work. The system has been initiated and at least 10 letters have been written supporting job applications for persons who have served as volunteers. At least 75 persons have been informed of this component of the volunteer system that is available to them.

In several metro counties, CETA funds are utilized to employ part-time office staff. On-going consultations as well as work experience are provided in the county extension offices to develop marketable skills while enhancing personal development.

County extension agents in several metro counties make presentations to school and youth groups regarding careers in home economics, agriculture, horticulture, forestry, and youth development.

County extension agents provide informal consultations on request from women regarding management skills needed to accomplish the many roles of wage earner, wife, mother, homemaker, and community volunteer. In addition, agents provide information regarding how to enter or re-enter post-secondary schools and how to seek employment.

In Ramsey County, agents are developing and testing a values-clarification/decision-making approach to use in counseling with clientele making requests for guidance and information.

III. Families and Adults with Special Needs

While it is hoped that limited income families and adults with special needs will participate in any extension program of interest, it is recognized that a number of factors inhibit this participation and that special outreach efforts and programs are needed to meet their educational needs. Factors that appear to limit participation include age differences, unemployment or low employment status, varied ethnic backgrounds, racial differences, varied and low educational levels, and cultural barriers. This section of the report summarizes the educational programs that have been conducted in the seven county metro area with special needs groups during 1979-80. A variety of educational methods were used including one-to-one instruction and small group programs. Both program assistants and a limited number of volunteers have been recruited and trained to conduct these educational activities with the leadership and guidance of extension professionals. Many community agencies and organizations have also been involved.

EFNEP (Expanded Food and Nutrition Education Program)

Since 1969, this federally funded nutrition education program for low-income families with young children has been conducted in three metro-area counties--Anoka, Hennepin and Ramsey. Federal funds have been used to employ program assistants from the target low-income neighborhoods as well as to provide for needed professional county and state extension faculty and teaching materials. An EFNEP program assistant is a para-professional who works closely with a supervisory home economist in identifying and teaching nutrition information to disadvantaged homemakers. The program assistant has an expert knowledge of the people, the needs, and the cultural and traditional patterns of the community. When trained to team with the nutritional expertise of the supervisor and the specialists from the University of Minnesota, the program assistant becomes a powerful "grass roots" nutrition educator for the people within the designated target community.

Typically, the program assistant (now working only 30 hours per week due to funding limitations) has a case load of 30 homemakers who are of limited income, nutritionally deficient, parents of young children, and from white, black, Hispanic, American Indian, and Asian ethnic backgrounds. The primary method of teaching is on a one-to-one basis during home visits. Occasionally homemakers are combined into small groups when nutritional needs are similar and when conditions permit. Additionally, program assistants spend approximately 20 percent of their time in teaching youth the principles of good nutrition. Most commonly the program assistant will also have one or more small 4-H EFNEP groups who participate in nutrition learning activities.

A core of community agencies and organizations cooperate in identifying homemakers who would benefit from this educational program. In Hennepin County, for example, 36 community groups cooperate in this effort. The WIC (Women, Infants, Children) program is one of the major cooperators in this regard. As will be described in the following section of this report, significant work is also being accomplished in cooperation with the Food Stamp Program.

Within the last several years resources to expand the number of program assistants (or replace those lost due to diminishing federal funds) have been obtained from a combination of sources, including: CETA, Work Equity Program, Community Health, and from county sources. The advent of these new funds is testimony to the quality and impact of the efforts of the EFNEP program assistants and their

supervisors. As of October, 1980, there were 35 EFNEP program assistants funded through AES and 10 persons funded through a variety of community/county sources.

To supplement and expand the educational outreach of program assistants and to provide leadership development opportunities for graduated EFNEP homemakers, the EFNEP program recruits and trains volunteers. During the past year 150 volunteers were involved in the three counties. While it appears that the majority of these volunteers worked with 4-H EFNEP groups, some also worked with program assistants in recruiting and teaching nutrition lessons for adults in group settings.

During 1979-80, over 2,900 low-income families participated in the EFNEP program as shown in the following table:

	<u>Counties</u>			
	<u>Anoka</u>	<u>Hennepin</u>	<u>Ramsey</u>	<u>Total</u>
EFNEP Program Families	47	273	642	962
Non-Program Families*	<u>430</u>	<u>1036</u>	<u>483</u>	<u>1949</u>
	477	1309	1125	2911

*Families that receive nutritional information but for whom 24 hour diet recalls are not completed.

For program families, diet recalls are taken periodically and, based on analysis, the homemaker's progress in learning how to plan and prepare nutritious meals within a low income budget is charted. Lesson planning sheets are formulated for each individual homemaker so that the instructional program meets her individual needs in relation to current learning progress. When homemakers achieve a standard level in their food behaviors, they are ready to graduate from the program. Thus, program homemakers can see their progress over time in reaching learning goals and feel a sense of pride and self-worth as they continue to improve in their food behaviors. If no progress is made during a designated period, the program assistant is encouraged to drop the family from the program and/or refer the family to another agency.

EFNEP support committees are organized in two counties to guide the continuing development and outreach of the program. In Hennepin County, for example, this group plans and conducts a very nice graduation each spring. During the past year 97 EFNEP homemakers (95 female and 2 male) graduated and about 300 guests--relatives and friends--witnessed the event. Criteria for graduation were an 80 percent score on the homemakers 24 hour diet recall and lesson planning sheet plus the demonstrated ability to budget food dollars so as to avoid running out of food before the end of the month.

A recent follow-up survey of EFNEP graduates in Hennepin County indicated that about one-third had entered the workforce and about 20 had been involved in some aspect of the volunteer experience with the EFNEP program and/or program assistant.

EFNEP Food Stamp Project: New Ways to Reach Homemakers

Through a federally funded special project in three EFNEP units including Hennepin and Ramsey Counties, a study of new recruiting and instructional methods was undertaken. The purpose of the program was to increase the EFNEP enrollment of food stamp recipients and to identify effective alternative approaches to teach nutrition information. The study was conducted from January through December 1980.

Recruiting and teaching methods being studied included the following: In Ramsey County, four program assistants conducted mini-demonstrations at the food stamp distribution centers, and also encouraged homemakers to enroll in EFNEP. These short demonstrations resulted in food stamp homemakers making needed dietary changes. In Hennepin County, the supervisor and one program assistant involved graduated homemakers as helpers. During the first six months these helpers were given a small honorarium to recruit and teach a small group of food stamp recipients. During the second half of the project they were specializing in recruiting new food stamp homemakers into EFNEP. This approach was a more economical way of recruiting homemakers and also offered an opportunity for former EFNEP graduates to remain involved in the program in a significant way. Working closely with the Hennepin and Ramsey County food stamp offices, the EFNEP staff enrolled 425 food stamp families in this experimental nutrition education program. This represents a 30 percent increase in the number of Hennepin and Ramsey County food stamp families enrolled in EFNEP.

This project has also included the development of a new reporting system which features a special computer program that provides each homemaker with a breakdown of key nutrients and calories in her 24 hour diet recall. This information helps the program assistant modify educational activities to fit each homemaker's needs sooner than would otherwise be possible. Other long-range implications of this project include development of computer systems for use in both program management and training. Program planners can model large scale alternative policies to save both time and money for the program as well as the individual participants.

Low Income Heads of Households

The Ramsey County Home Economics/Family Living Outreach program is designed to provide for the natural progression of EFNEP graduates located in the four OEO designated target areas of the county into ongoing extension programs. In addition, the program extends educational opportunities to other heads of households in the target areas. Through this program, family members are introduced to learning experiences in group situations that may eventually lead to the establishment of continuing extension study groups with volunteer teachers.

During the past year, nearly 1,000 persons were involved in Outreach programs with over 250 low-income heads-of-household participating in organized group programs. Training sessions have been conducted in horticulture, creative crafts, budgeting, energy conservation, personal development, safety, foods and nutrition, and information about the 1980 Census. The majority of the participants have been one parent heads-of-household so there has been considerable interest in programs that focus on strengthening families. Senior citizens were concerned with topics such as insurance needs and housing maintenance on limited budgets.

As a result of these Outreach programs, changes in the participants have been observed. Some of these observations are:

- . 2 Outreach homemakers attended hearings on the White House Conference on families
- . 1 person is now working with St. Paul Urban League Programs on a part-time basis
- . 1 person has become a teacher's aide in the community school
- . 1 person has become a foster parent
- . 2 persons have completed WEP training
- . 2 homemakers became qualified EFNEP program assistant applicants and one was interviewed
- . 3 homemakers attended at least 2 volunteer training sessions that are provided for extension homemaker study groups
- . 1 homemaker is surveying needs, checking regulations, and making plans to begin a child care center in her home
- . 1 homemaker has enrolled in OIC for clerical training.

Families with Pre-school Children

Three counties (Dakota, Hennepin, and Ramsey) have developed a Young Family Newsletter that provides useful information for busy parents who seldom participate in meetings. The Dakota County Newsletter is distributed monthly to 1,800 parents and emphasizes nutrition, health care, and child development information, while in Hennepin County approximately 8,000 households receive a newsletter five times annually and parent and consumer education topics are featured.

During the past year, the Carver County agent served on the Child Care Advisory Board. She developed a workshop for 24 day care providers on Coping with Stress and Tension. Participants indicated that the relaxation skills learned were the most helpful.

Other Groups with Special Needs

Educational programs have been more limited with the following groups in the seven county metro area:

- . Senior Citizens. Five counties reported conducting nutrition education or gardening programs with senior citizen groups. Computer assisted nutrition learning experiences were provided in Dakota County, while in Carver County the agent visited three senior citizen food sites quarterly providing nutrition lessons. Pre-post evaluations indicated that women were more likely to alter their calorie and protein intake than the men. Seniors participating in three Scott County congregate dining programs learned how to control "hidden calories" through food selection and preparation techniques. The St. Paul Urban League Seniors Program for Employment, a federally funded pilot program, has placed four participants with the Ramsey County Extension Service. Three of these persons have been trained and are serving as one-half time EFNEP program assistants while the fourth is teaching nutrition lessons through the Extension Outreach program.
- . Mentally Retarded Adults. The Carver County extension agent has served on the referral board of a community residence for retarded persons. During the past year, menu plans from food service managers were reviewed and showed improvement in quality of nutrients. Sugar and empty calories were reduced in the monthly plans of four of the six who submitted them for review.

. Hmong Families. The Ramsey County Extension Outreach Program and Model Cities Health Center (MCHC) have cooperatively developed a program in which Outreach staff offer nutrition education to low income persons registered in the MCHC weekly Tuesday morning clinics. The majority of the 30 participants are of the Hmong culture (including 10 males) so an interpreter has been made available by the Center. The educational series teaches the four food groups, nutrition during pregnancy, food buying, food labeling, menu planning, and food preparation skills. It is expected that a homemaker study group will be organized and include Hmong families.

. Pregnant Adolescents. Eighteen pregnant adolescents participated in the programmed learning series "Why Not Stay Healthy?" with the assistance of the Carver County Extension agent. Unfortunately most of the young women were not involved in the program until their last trimester. The agent is working with the community school districts to achieve earlier involvement in this program.

. Women in Criminal Justice Program. In cooperation with Genesis II, a Hennepin County EFNEP program assistant conducted a twice monthly foods and nutrition education program for women who had been sentenced for various offenses. Goals of the lessons were to learn skills in basic cooking, nutrition, meal planning (emphasis on fruits and vegetables in family meals) and in budgeting their limited food dollars so as to avoid running out of food at the end of each month. Demonstrations and supervised "hands on" cooking lessons as well as slide presentations were provided. As a result of the skills learned, 25 women were able to keep their children. The women not only gained new skills in meal preparation, but also gained in self-esteem while taking an active role in planning lessons and setting individual goals for themselves. The children benefited from the nutritious meals and were able to live with their mother rather than in a foster home.

IV. Urban Horticulture and Forestry

Increasingly metro area residents are looking to the Agricultural Extension Service for assistance with lawns, landscaping, vegetable and fruit gardening, flowers, houseplants, public grounds, shade trees, and the production/marketing of vegetables. Homeowners, home gardeners, commercial horticulturalists, lawn service technicians, groundskeepers, and public officials are among the many persons who have requested horticulture and forestry information.

A new surge of interest in home horticulture and shade trees can be attributed to several factors. Increased food prices have prompted more home owners and renters to grow some of their own food and, in some cases, establish small commercial gardens as a source of family income.

Recreational travel has been reduced to conserve energy and homeowners have also turned to "do-it-yourself" home maintenance activities to conserve financial resources. Thus, it appears that urban residents have focused more of their leisure time on activities that can be completed at home including lawn care, landscaping, and flower and vegetable gardening. At the same time, Dutch Elm and Oak Wilt diseases have had a devastating toll on the urban forest. Homeowners and public officials have requested more information to deal with these and related problems as trees in urban areas are treated individually due to their long life span and their great per unit value.

Minnesota is unique in relation to other land grant universities as it is located in the center of a large metropolitan center. Nearly 2 million people are within telephone access of the campus so that the campus, as well as county extension offices, have become focal points for many one-to-one consultations especially via phone. County and state extension faculty have worked together to respond to requests for information and to provide leadership in planning needed educational programs. Extension specialists in the departments of Horticulture and Landscape Architecture, Entomology, Plant Pathology, Agronomy, and Soils have provided a comprehensive and integrated information base for educational efforts.

During 1979-80, special federal and state funds were available to the Agricultural Extension Service so that educational needs could be addressed more effectively. Federal funds, first available in 1975, were continued for the urban gardening education program. The State Shade Tree Program was funded for its final year by the State Legislature. While the shade tree program was statewide, considerable attention was given to expanding educational efforts in the seven county metro area.

Educational programs and methods varied from county to county depending upon educational needs, local organizations/agencies that cooperated in program planning, and financial resources available to employ professional staff. During 1979-80 special emphasis was given to the expansion of the Master Gardeners Program--a volunteer leader development program that also expands horticulture educational outreach in the metro area.

Volunteer Master Gardener

One of the unique strengths of the Agricultural Extension Service is its ability to recruit, train, and support volunteers who can effectively extend knowledge and skills from the University to people where they live. In 1977, the Master

Gardeners Program was established in the metro area. Amateur gardeners who demonstrate an interest in learning more about horticulture and show a willingness to help others learn are carefully recruited and selected for this program. During the winter months they receive about 50 hours of intensive training from state, area, and county extension faculty. Training includes horticulture topics ranging from home gardening and houseplants to community beautification. Following completion of this training program, they become partners with county extension faculty in responding to educational needs of people in their communities.

During 1979-80, five counties participated in the Master Gardeners Program with a total of 87 highly trained volunteers involved:

Carver	-	2
Dakota	-	11
Hennepin	-	31
Ramsey	-	28
Washington		<u>15</u>
		87 total

It is estimated that each Master Gardener contributes 50 or more hours per year of volunteer service and contacts 100 or more people. Thus, during the past year, approximately 4,350 hours of instructional time were contributed (over \$15,000 at the minimum wage) with 8,700 urban residents receiving factual information and assistance with their horticultural problems.

Master Gardeners work with a variety of audiences and in many different individual and group learning environments. For example, Ramsey County residents benefitting from programs conducted by Master Gardeners included senior citizens, youth groups, gardening clubs, home study club members, apartment tenants, homeowners, community gardeners, YMCA groups, library study groups, and school children. Information was provided at neighborhood centers, shopping center displays, libraries, school classrooms, and vegetable markets.

In Hennepin County with the assistance and guidance of the Home Horticulture Advisory Group, Master Gardener Information Centers were established at nine local garden centers from mid April to late June. About 1,800 people received information at these centers. Evaluation of this effort by garden center operators indicated that the program was successful and should be continued. In addition, Hennepin County Master Gardeners have handled some consumer information telephone calls in the County Extension Office and have assisted in conducting educational meetings reaching over 700 people.

Master Gardeners in Carver County provided individual consultations, assisted with the summer children's program at the University Arboretum, and handled the horticulture education booth at the county fair.

A successful project conducted by two Dakota County Master Gardeners prompted the Director of Community Services in So. St. Paul to share these comments:

"The Central Square Community Center in South St. Paul has become just that: a community center. Involvement in this first year has varied but exceeded expectations. One example of involvement has been the

development of the Senior Citizen Garden, an area which was simply scheduled to be sodded...With direction from Master Gardeners, involvement of senior citizens has brought enjoyment for people of all ages who walk or drive by...We want to take this time to thank you for providing the two Master Gardeners...They have shown their competency in directing the project...We found them to be congenial, positive individuals which has helped form a group of seniors who have come to know and enjoy each other."

County extension agents observe that the requests for informational meetings has decreased as the number and involvement of Master Gardeners has been extended. Metro area residents appear to be obtaining the horticulture information they need through the volunteer contribution of trained Master Gardeners.

Consumer Answering Service

Residents of the metro area flood the Extension Service, both county and state offices, with phone calls concerning home gardening, care and maintenance of lawns, landscape materials, trees, shrubs, flowers, fruits, vegetables, and houseplants. To respond to these requests, several phone answering services and clinics have been established. During 1979-80, approximately 80,000 calls were answered by county and state extension faculty. Over 8,000 requests for information via letters or walk-ins were received on the campus while county agents did not report the expected high number of consultations they completed in their offices.

County extension agents also reported making numerous horticulture home visits with over 100 reported in Hennepin and Ramsey counties. The following table indicates the number of horticulture contacts reported during 1979-80.

<u>Number Horticulture Contacts</u>			
1979-80			
<u>Campus Clinic</u>	<u>Telephone Calls</u>	<u>Letters, Walk-Ins</u>	<u>Home Visits</u>
Horticulture	46,249	1,500	-
Plant Disease	7,230	2,844	-
Insect Information	21,000	4,000	-
<u>County Extension Office</u>			
Anoka	850	-	70
Dakota	900	-	not reported
Hennepin	1,481	-	126
Ramsey	2,250	-	106
Washington	700	-	not reported
	80,660	8,344	302

- Horticulture Clinic, located on the St. Paul Campus, is a major link between the Agricultural Extension Service, the Department of Horticultural Science and Landscape Architecture, and the general public. During 1979-80, the number of

phone calls rose by several thousand. Additionally, many clinic calls, both from county staff and the general public, came on the specialist's phone which does not have a tabulating device. Questions coming to the clinic guided specialists in preparing news releases and radio spots on timely subjects, "open mike" radio programs in the metro area, and contributions to the monthly yard and garden newsletter sent to county extension agents so they could disseminate timely information through their local papers, newsletters and radio programs.

- Plant Disease Clinic, located on the St. Paul Campus, operates year-round to diagnose plant diseases, supply information on plant disease control, answer questions relating to disease development and prevention, and provide training for plant pathology undergraduate and graduate students. With the supervision of an extension plant pathologist, the clinic provides service statewide. It appears, however, that a high proportion of the requests for information are from the seven county metro area. The number of contacts from 1976-1979 has remained fairly uniform which may reflect a saturation of available personnel and equipment including telephone lines. Analysis of contacts by host plants from May through October 1979, indicated: 44% - forest and shade trees, 13% fruits, 10% vegetables, 8% turf, 7% ornamentals, 7% mushrooms, poisonous plants, weeds and 10% other. During the remainder of the year, contacts related primarily to house plants and problems encountered by commercial greenhouse operators.

- Insect Information Clinic, located on the St. Paul Campus, disseminates household and yard and garden insect control information to the public. When possible, problems are identified from phone conversations and appropriate control information is provided. Specimens are also mailed or brought to the clinic for identification and control information is provided. Although immediate chemical control is usually requested, cultural, biological and other non-chemical controls are often suggested. Efforts are made to help people become more tolerant of non-pest insects that may be beneficial or harmless. Based on analysis of clinic requests, extension specialists learn of current insect problems, insect population trends and gain feedback on recommended control techniques. Timely household and yard and garden insect control information is then disseminated to county extension agents, bulletins and fact sheets are prepared and various news releases and radio programs are prepared.

- County Extension Offices - Answering services are staffed by county extension agents, an area horticulture agent or by summer horticulture assistants in four counties during the summer months (April through September). Master Gardeners also assist in Hennepin County where the number of telephone requests increased by 500 during the year. A survey of persons who contacted the summer assistant in Dakota County indicated that they heard about the program through neighbors, newspapers, or a retail garden center. They also indicated that service was prompt, correct and should be continued. Comments included: "Very valuable for the homeowner who can't afford to spend many dollars on commercial assistance. I think your information is more accurate and unbiased anyway." "I'm especially pleased with the phone assistance since we live a number of miles from Farmington and time does not permit driving there for needed information."

County extension agents and/or summer assistants also disseminate horticulture information through special newsletters, news releases and regular columns in local papers and radio programs. In Washington County, for example, nine horticulture newsletters were prepared and distributed to 578 persons while 19 radio stations and newspapers throughout the county.

Although county and state faculty understand that telephone inquiries are often efficient from a time and travel standpoint and the consumer receives immediate responses to a question, they also recognize that there is little opportunity to provide enough information so that consumers can make effective future decisions and prevent problems. High quality programs during winter months that enable employees of garden shops and other suppliers as well as consumers to make better choices at point of sale is one educational strategy suggested to reduce the large number of home horticulture problems. Although professional time is limited, some progress is being made through such programs as the Master Gardener Garden Store Information Center and occasional meetings conducted by extension entomology specialists for garden store and nursery operators.

Home Lawns and Landscaping

To assist home owners with home landscaping and lawn problems, five counties presented workshops during the year. About 120 people participated in three home landscaping lessons taught by a Hennepin County Master Gardener, while 65 homeowners participated in two Scott County sessions. Multi-session "Landscaping Your Home" workshops were presented on developing landscape plans, flower gardens, trees, shrubs, pruning, and lawns. Participants were also encouraged to develop a home landscape plan and have it reviewed by the University specialist prior to planting time. These series not only saved cooperators hundreds of dollars, but also gave them a genuine interest in providing the best possible care of their self-designed lawns and landscapes. This program provided for total family involvement in a worthwhile project.

The University Arboretum is a horticulture information center for many urban residents. The extension home floriculture specialist presented 20 classes on flower gardening and houseplants at the Arboretum. In addition, the specialist prepared a demonstration garden and greenhouse display featuring varieties of shade tolerant perennials and shubbery.

Home Vegetable and Fruit Growers

The Ramsey County Community Garden Program began in 1973 to provide a meaningful outdoor leisure activity for families of many social, economic, and ethnic backgrounds. At the same time, participants could grow fresh vegetables that would enhance the nutrition of family members. The Ramsey County Community Garden Association helps establish rules and guidelines for the operation of the garden while the extension service provides educational programs through newsletters, publications, bulletin boards, meetings and on-site garden managers. Approximately 700 families gardened on 1,286 garden plots in 1980. The number of available garden plots almost doubled this year due to the cooperation and support of volunteers, county commissioners, the public engineering department and Ramsey County Parks and Recreation.

Participation of 339 Hmong families had quite an impact on this Ramsey County program. Several interpreters worked with Extension to improve written and spoken communications which helped ease many tensions. The garden program greatly benefited the St. Paul Hmong community as it provided an outlet for their agricultural heritage as well as supplied food for many families. There will need to be greater involvement of the Indo-Chinese families in planning and allocating garden plots during 1981. The demand for garden plots appears to be greater than the number of plots available, especially for the Hmong community.

Vegetable gardening workshops were held for beginning gardeners in Scott and Carver Counties while Master Gardeners provided educational programs in cooperation with a variety of community groups in other counties. In Anoka County, the summer horticulture assistant consulted with several community garden groups.

Farmers' Markets

Extension agents and Master Gardeners have worked with community organizations in three counties to establish and support farmer's markets. Hobby gardeners, hobby farmers and commercial vegetable growers participate in these markets and benefit from extension educational programs. In Ramsey County, the St. Paul Grower's Association is the primary sponsor of the markets. Extension has assisted the Board of Directors in identification of market areas and development of potential markets, as well as in identifying educational programs to help the growers do a better job in producing quality produce. During the past five years six new satellite markets have been established. Market maintenance was the major management topic addressed during 1979-80 due to the threat of closing the downtown St. Paul market. In total, the St. Paul Farmer's Market system has sales estimated at \$750,000 annually with approximately 250 market gardeners registered as sellers.

Garden plots for vegetable production and a farmer's market for sale of surplus vegetables and fruits were established in Scott County with the assistance of the county extension agent and cooperation of the Scott-Carver Economic Council. Master Gardeners in Washington County have assisted with the development of two farmer's markets and provided educational programs for the growers as well as consumers shopping at the markets. County agents also report that they encourage market gardeners to attend pesticide applicator certification workshops as disease and weed control problems need to be solved with safe and economical methods.

Groundskeepers

Technical and general horticultural assistance is often needed by groundskeepers, arborists, and lawn service companies. While individual consultations are frequently completed by county extension agents, a major program effort in 1979-80 was the Groundskeepers Short Course. Hennepin and Ramsey County extension offices sponsored this course with 150 people participating. A planning committee composed of people from the industry, extension personnel and University Horticulture specialists designed the program. Evaluation indicated that the program provided useful information and should be continued.

Urban Forests

As the number of urban elms and oaks decreased due to Dutch Elm Disease (DED) and Oak Wilt (OW), the number of "tree concerned" citizens increased. County faculty and state specialists in the Departments of Entomology, Plant Pathology, Horticulture, Forestry, and Forest Products designed educational programs to not only assist residents and public officials identify and develop methods for controlling these diseases, but also to prepare replanting plans. Public, private and government sectors also benefitted from coordinated educational programs pertaining to all components of the urban forest--tree selection and planting, maintenance, insect and disease problems, and wood utilization. Nursery operators, too, had special educational needs as they faced the challenge of producing large volumes of healthy nursery stock needed for replanting the urban forests.

Special short courses and workshops were organized and conducted during the year by extension specialists. County agents assisted in promoting these programs with local officials, business representatives, and citizens. These programs included:

- . shade tree short course where tree professionals were updated on recent developments in proper tree injection.
- . municipal tree inspection workshop including emphasis on how to recognize diseases of elm other than DED and how to inject elms against DED according to latest research findings.
- . oak wilt workshop and field demonstration (Anoka County) for professionals and general public. This program also emphasized management of other oak disease and insect problems.
- . DED workshop and demonstration showing injection of a tree with several hundred gallons of chemical (Washington County). Two sessions were held--one for tree inspectors and commercial people and another for homeowners.

Extension specialists and county agents also reported numerous telephone calls regarding specific tree problems, with DED and OW being on top of the list, but not the only subjects. Site visits, radio and television programs, and news releases were prepared throughout the year to inform urban residents of DED and related shade tree problems. The Ramsey County agent consulted with a community planning committee that was developing a long range plan for reforestation of an eighty acre island.

Extension educational activities can be credited for the consistent DED reduction in towns participating in shade tree education programs. This success is also due to the involvement of other supporting agencies including State Department of Agriculture, Department of Natural Resources, USDA Forest Service and community governments. By managing DED, OW, and other shade tree disorders, thousands of dollars are saved annually. In Minneapolis, for example, only 4,194 elm losses were cited in 1980 versus 6,611 in 1979. The reduction in the costs of tree removal enabled the city to reallocate resources and personnel to a replanting program of 15,000 trees during the fall. The savings generated will enable the city to complete its replanting program two years ahead of schedule.

V. Production Agriculture

Although the number of farms is decreasing in the metro area (Ramsey County has few, if any, farms), farming continues to be a major industry in five of the seven metro counties. Anoka county farm operators tend to have smaller acreages and operations than other counties in the area. Anoka county also has cultured sod growers and other commercial horticulture growers. Educational programs focus not only on production of livestock including dairy animals and forage/cash crops, but also the environmental and political issues common to agricultural area surrounding major metropolitan centers. At the same time, there has been an increase in the number of part-time or hobby farmers--those persons who wish to farm small acreages and often have few, if any, skills related to livestock or plant production and management. Thus, extension agents identify a variety of educational needs and use a variety of teaching methods and strategies to address agricultural production issues and problems in the seven county metro area.

The following summary presents an overview of major educational programs in production agriculture during the past year. There is great variation among counties in terms of the emphases and extent of agricultural production programs. Often multi-county meetings are planned as the number of producers per county is small.

Dairy Production and Management

Dairying continues to be the major livestock enterprise in Washington, Scott, and Carver counties while dairy farming continues to be an important enterprise in Hennepin and Dakota counties. Major educational program efforts during the past year have been in the following areas:

- health and feeding of calves and young stock.
- nutritional requirements for dairy herd rations.
- housing of dairy animals and special problems relating to ventilation.
- waste management handling.

Dairy Herd Improvement Associations (DHIA) continue as important organizations for helping farmers learn to reduce losses due to mastitis and inappropriate feeding programs. From 60 to over 100 herds are enrolled in the following counties: Hennepin, Dakota, Scott, Carver, and Washington. Special workshops were held to help enrolled dairy producers better understand their DHIA records and to reduce losses and improve feeding and breeding programs. Enrollment in this program has increased in most metro counties despite the decreasing number of dairy farms.

Newspaper articles and radio programs have alerted farmers to current feeding problems (such as feeding high moisture corn) and housing problems (ventilation). Feeding clinics and tours to learn about dairy calf management and dairy housing practices have been conducted in several counties. County agents also

report a significant number of individual farm visits to consult regarding specific problems in this regard. Dairy ration balancing programs have been stressed in several counties with savings of \$1 to \$2 a cow per week in feed costs reported by some dairy farmers with no additional out-of-pocket expenses. Dairymen also report an increase in the growth of dairy calves and a decrease in the number of losses due to death of calves as a result of changes in housing and feeding programs.

In several counties, dairy waste management programs have been conducted and extension agents have been asked by government officials to assist specific farmers improve manure handling and thus, to reduce nuisance and meet local standards for health/sanitation. Specific permits are required in Anoka County, for example, if persons wish to raise animals in certain areas of the country.

4-H dairy project members receive information and encouragement to produce quality dairy animals through educational materials and programs/activities provided by county extension agents. 4-H continues to be a good method of helping farm families learn current practices and standards in dairy production.

Several counties offered educational workshops for farm wives involved in dairy operations. In Dakota County, a one-day forum was conducted with 23 women participating. The program stressed the importance of women being involved in changing legislation so that they could be credited for their roles in the dairy farm operation. Additionally, women learned technical information and gained skills useful in handling calves and keeping records. The women indicated that the program was very valuable.

Livestock Production and Management

Within the seven county metro area, livestock enterprises range from large commercial swine and beef production operators and small sheep raising farms to horse stable operations and families with one or two dairy goats. County extension agents are asked to provide information and assist these families with their wide range of questions including energy conservation, feeding, waste management, and marketing.

Educational programs are often planned and conducted with established producer associations including the Sheep Producers and Swine Producers Associations. Local veterinarians and University Extension Specialists often cooperate in serving as resource persons at public educational meetings. Newspaper articles and radio programs alert livestock producers to current problems that need attention. Livestock production and management programs are also conducted in cooperation with 4-H members and families. County agents also provide individual consultations to farm operators with specific problems.

Dakota, Hennepin, Carver, Scott, and Washington counties offered livestock production workshops during the past year. Sheep Days and workshops were conducted in Hennepin, Carver, Dakota, and Scott counties. Poultry workshops were conducted in Scott county. A three-part program on Horse production was held for 21 producers in Scott county including the following topics:

feeding, reproduction and inheritance traits, and control of horse diseases and parasites. Swine production workshops were conducted in Dakota and Washington counties. A multi-county beef producers meeting on animal health, animal nutrition, breeding, performance testing, and general beef management practices was also conducted with 50 persons attending.

Several agents received requests for information from government officials regarding livestock waste management. In Hennepin county, the ASCS was involved in a workshop for livestock farmers and provided information on funding opportunities for farmers if they wanted to build animal waste handling systems.

Field Crops Production and Management

Costs of production and storage, changes in marketing, and concern for safe use of pesticides are issues confronting the farmers raising field crops. Radio programs and newspaper articles alerted farmers to the current issues and provided needed information. Additionally, clinics, meetings and training workshops were conducted often involving the University Extension Specialist and other organizations/agencies including: Federal Intermediate Credit Bank, Minnesota Energy Commission, Soil Conservation Service, and fertilizer/pesticide dealers. In Dakota county, the Rosemount Experiment Station cooperated in programming through provision of crop tours for farmers. County agents also provided personal consultations through office visits and farm visits.

Major programs emphasized during the past year included:

- Corn drying and storage clinic for producers. New information on size of bins, drying floors, aeration ducts, motor/fan sizes, and methods of cooling grain in storage bins rather than dryers was presented. Producers were able to effectively double the drying capacity and at the same time maintain product quality. By increasing dryer capacity and cooling grain in the bin, drying costs were reduced by almost 50 percent.

- Pesticide applicator training meetings were conducted in all counties to help farmers and others using chemicals learn the safe and proper methods for handling these materials. For example, Carver county has a continuing program for certifying individuals (including farmers) in the safe use of restricted pesticides. As of January 1, 1980, Carver county had 597 private individuals certified to purchase pesticides.

- Forage production, preservation, and testing programs were conducted in several counties. Producers gained information on selecting proper varieties, cutting lengths, and preservation methods. Forage and silage testing for feed nutrients was promoted in order to help producers balance rations for their cattle and gain optimum production at the least ration cost. Individual consultations were provided by county extension agents in several counties to improve planting and harvesting practices.

- Marketing information meetings were conducted to help producers understand the different types of grain marketing systems: cash, contract, and futures markets. Information gained will help in the orderly marketing of grains and, hopefully, bring a more stable price structure. In Dakota county eight farmers were surveyed after the meeting and indicated that they felt they could increase the price received for corn by 16½¢ per bushel and 34¢ per bushel for soybeans

because of the information learned. Marketing education programs have been identified as a program area needing more emphasis in the coming year.

-Weed, seed, and fertilizer clinics were held and included in the following topics: recommended crop varieties, weed control (chemical and cultural methods), soil testing procedures, and fertilizer recommendations. In some counties, homeowners also attended these meetings to gain information useful in maintaining lawns and gardens. In some counties, special programs were conducted with fertilizer dealers enabling them to help local farmers solve problems. Special emphasis is given to corn and soybean production practices in Carver, Washington, and Dakota counties. For example, in Washington county, a demonstration plot showing 10 different varieties of soybeans was established and a forage/grass demonstration was also established. Field days were then conducted with interested producers to observe demonstration results.

Irrigation

Irrigation agriculture in Dakota county is now in excess of 40,000 acres and appears to be stabilized. The major thrust of the irrigation education program was wise water management. Programs offered during the past year included:

- The Dakota Electric Association offered a voluntary off-peak schedule for irrigators who shut down their systems from 4:00 - 10:00 p.m. The Extension Service cooperated in presenting information about this program and several farmers reported energy savings greater than \$2,000 for a 130 acre center pivot.

- An irrigation seminar was attended by 60 farmers. University specialists emphasized energy efficiency, canning crops, reduced tillage systems for irrigation and fertility management.

- A summer tour was organized with the Southeastern Minnesota Irrigators Association with 100 farmers participating. Water monitoring devices for use in water scheduling was one of the important topics featured throughout the tour.

- County extension agents continue to monitor 12 wells for water depth. These data have been compiled since 1977 and prove useful in relation to public concern over changes in water tables.

Cultured Sod

Growth in acres of sod harvested in Anoka County has continued since the "Peatland Project" began in 1972. This project continues to be supported by the Agricultural Experiment Station, the Agricultural Extension Service, Anoka County Extension Committee, and the Anoka County Board of County Commissioners. The Anoka County extension director and area soils agent have given leadership to the project that now has a wholesale value in excess of \$20,000,000 annually.

Results of research are reported at the annual Peatland Day and the annual report of research is also printed and distributed. Agents have a close advisory relationship with the Minnesota Turf Association. The area agent has been assigned statewide leadership in turf development (half-time) so spends less time in Anoka county. Minnesota Turf Growers contributed \$1,000 to the University to continue research. These growers also provide land equipment to maintain the turf research plot.

The profitability has been such that most turf growers on good quality peat soil have improved their drainage, leveled the ground and invested in land farming. It is expected when food prices are more competitive with turf that these lands will produce surprisingly large quantities of quality food.

Farm Management

Due to the complex management demands placed on farm operators, farming can no longer be considered "just a way of life." A farmer needs a good set of records in order to make decisions and detect production problems. For many families the farm operator or the farm wife has been doing a patchwork job of bookkeeping. However, good bookkeeping is not adequate when markets and prices change rapidly. Families considering retirement as well as those planning to invest in farm enterprises also have questions. Thus, farm families must obtain and use information from a variety of sources to achieve economic as well as family goals.

Five counties (Hennepin, Dakota, Washington, Scott, Carver) have developed farm management programs. Some programs have been developed for the part-time or small acreage operators such as in Hennepin and Carver counties where farm record keeping was stressed at a multi-county workshop. Washington county made information available upon request for writing farm leases. A tax workshop was conducted for six farm families in Carver county. In addition, the county agent prepared newspaper articles and radio programs regarding 1979 tax changes and their affect on farmers and also provided information on depreciation and investment credit methods.

Dakota county offered the most comprehensive farm management program and also cooperated in conducting multi-county meetings. Programs included:

- land rental agreements
- farm estate and transfer planning (two day seminar with about 30 persons participating--primarily older farmers considering retirement options)
- farm business arrangements including partnerships and corporations
- farm personnel management workshop considering hiring practices and benefits for farm workers.
- planning your farm future - a three day series for young couples interested in the process of entering farming. Computer assisted analysis and planning was useful to the ten couples participating during the past year.

Living On A Few Acres

An increase in the number of small acreage or part-time farmers has occurred in the past several years. Many are maintaining jobs in the Twin Cities metro area while others are reverting totally to small farming operations. Many of these persons find out that a move back to the country requires educational experiences that enable them to make decisions and gain needed skills. To respond to these educational needs, a series of educational meetings was conducted by the Agricultural Extension Service in Dakota, Washington, Carver, and Hennepin counties (Wright county also participated).

Topics for the series included: record keeping, farm management, crop production, pasture improvement, beef and swine production, poultry husbandry, goat production, raising fruits and vegetables for pick-your-own operations, beekeeping, and basics in horse production. The Dairy Herd Improvement program was made available to farmers wanting to improve production in their small dairy herds. University extension specialists, area agents, and county extension agents were instructors for these series.

From 20 to 70 persons attended the sessions conducted in a variety of metro locations. Over-all, reactions from the program participants was highly favorable and emphasized the need for further programming with this clientele group.

Unfortunately, hobby farmers and small farm operators do not often recognize the importance of the decisions they are making until they have a major problem. Thus, while some will participate in meetings and plan ahead, county agents still receive many telephone calls and requests for one-to-one consultations. County agents are recommending that more 4-H programs and materials be made available to these families as a way of encouraging advanced planning and improved agricultural practices.

VI. Community Development: Business and Industry, Government and Community Groups

Both state and county extension faculty organize and conduct educational programs that address the educational needs of leaders in business and industry, government and community groups. At the same time, community issues, problems and government regulations are addressed through programs planned cooperatively with a variety of citizen groups and agencies/organizations.

Extension professionals act as motivators, facilitators, coordinators, and educators in community development programs. In addition to extending knowledge, research findings, and practical experiences from the University Land Grant System, extension agents gain valuable support for program development and implementation efforts. Professional staff from business and industry, government, and community organizations/agencies often assist in teaching, publicizing programs, recruiting volunteers, and providing training/educational meeting sites. At the same time, the University Extension faculty is alerted to emerging community issues and problems that may need study and research by departmental faculty.

Community development is an integral part of 4-H Youth Development, Home Economics-Family Living, Agriculture, and Horticulture programs. The following paragraphs include a summary of additional community development efforts. Although several programs are statewide, a majority of the participants are metro area residents.

Pest Control Operator Training

Structural pest control operators (managers and servicemen) must constantly upgrade their technical competency to cope with the increasing pest problems of the urban and commercial society. Their technical and management competency not only determines their acceptance by society, but also their certification by various regulatory agencies. Minnesota Structural Pest Control Operators are required by the Minnesota Department of Agriculture to renew their pesticide applicators license annually. Either formal training provided primarily by the University of Minnesota Agricultural Extension Service and/or passing a written examination provided by the Minnesota Department of Agriculture is required for obtaining or updating license and pesticide certification requirements. Successful pest management without direct or indirect damage to non-target organisms or the environment is mandatory.

The 1980 Pest Control Operator Conference was planned and conducted in cooperation with the National and Minnesota Pest Control Associations and the Minnesota Department of Agriculture. Although the commercial pest control operators represented the bulk of the participants, sanitarians, brewers, grain millers, warehousemen, regulatory officials, and others attended. The conference fulfilled the state and city requirements for annual formal training as required for license and certification renewal.

Pest control operators contact Extension Entomologists at an increasing rate via office visits, mail or by telephone to obtain information on current pesticide restrictions, pest identification, and biological information that assists them in developing improved integrated pest management techniques. Participation at bi-monthly meetings of the Minnesota Pest Control Association by Extension Entomologists provides opportunities to brief leaders on current pest management problems and solutions.

Insect Management Techniques/Safe Use of Insecticides in Food and Feed Processing Plants

The degree of food and feed contamination by stored-product insects has usually been based on the incidence and number of live insects or insect damage. Federal or State insect contamination standards have not been developed on the basis of dead insects, insect fragments, insect feces, cast skins, nor the microbiological contamination resulting from infestations by stored-product insects. However, those who purchase processed foods (wholesale and retail) demand specific standards before accepting the products. As food standards are raised, improved manufacturing practices must be developed and initiated. This need is especially true for our newly developed and mass produced convenience foods particularly with increased restrictions on the use of pesticides by both Federal and State governments.

A major program in 1979 was the development of a training conference for personnel applying pesticides in food processing and manufacturing areas including meats, cereals, potato products, spices, candies, and sunflowers. About 250 registrants attended and were provided the opportunity to be examined for competency in pest management principles that would fulfill the State requirements for license and pesticide applicator certification. University specialists in Entomology, Mammology, Plant Pathology and Agricultural Engineering combined efforts in identifying problems and soliciting solutions.

Programs were offered in cooperation with the Food and Drug Administration, the Institute of Sanitation Management, the Millers National Federation, and the Northwest Country and Terminal Elevator Association. This mutual exchange of information, facilities, and financial support has contributed to more accurate information on maintaining an acceptable level of entomologically related contamination in our feeds and foods.

Training for Meat Processors and Retailers

Minnesota has 63 federally inspected meat processing plants, 425 custom plants and 2,800 retail establishments. Approximately \$650,000,000 is added to the value of meat products via processing in Minnesota each year. The Extension Meats Specialist provides processors and retailers with current meat science information. Approximately 20 percent of the specialist's annual time in this program area is directed to processors and retailers in the seven county metro area.

The specialist uses a variety of methods for disseminating current information. "Meat Science Updates" are presented at locker meetings and the Minnesota Association of Meat Processors Convention. (Presentations are also made at meetings in other states and at multi-state meetings). Plant visits (15 during the last year) were made to discuss certain aspects of quality control. Board meetings of the Minnesota Association of Meat Processors are attended and directors are advised of potential problems affecting their businesses. Five visits were made to meat retailers.

In addition, ten columns of meat science research results were published in the Minnesota Association of Meat Processors Bulletin. One column was published in the Meat Plant Magazine (circulation of 9,000), a national publication for small and medium size processors. Six columns on current meat science research results were published in the Minnesota Food Guide, a state publication for food retailers (circulation 3,200). Many calls and letters on technical aspects of meat science were also answered.

Utilization and Preservation of Agricultural Lands

The Agricultural Extension Service has worked with people throughout the metro area as well as the Metropolitan Council in assessing and planning for the future use of agricultural lands in the seven county metro area. This work has progressed over the past 6-8 years and most recently in the development of legislation to create agricultural land preserves in the metro area. This past year, county extension agents have served as facilitators for open forums on the proposed legislation. Farmers, local officials and urban developers were invited to attend and did participate in these hearings.

During the year, the Legislature passed the Metropolitan Agricultural Preserves Act of 1980. The Agricultural Extension Service has now been asked to provide educational programs for farmers enabling them to participate in the provisions of the legislation.

It appears that the Agricultural Extension Service will continue to be identified by legislators, Metro Council, local officials and farmers as the communications link in this program. Long range planning by and with local people has been an important educational approach in dealing with urban-rural conflicts in an urban fringe area, particularly as related to land use.

Home Sewage Treatment and Water Quality Programs

Since 1971, the University Agricultural Engineering Specialist has been conducting Home Sewage Treatment Workshops throughout Minnesota. A major component of this continuing program has been conducted in the seven-county metro area. Since 1977, the Minnesota Pollution Control Agency has been actively involved in planning the workshops and in providing personnel to teach. Additionally, an Extension Soils Specialist has been participating in the workshops.

The workshops have been used as a vehicle to help develop a statewide regulation for onsite sewage treatment systems. This statewide regulation was adopted by the Minnesota Pollution Control Agency Board in 1978 and has since been incorporated into the ordinances of local units of government in the seven county metro area. Information presented at the workshops enables local government officials to be more knowledgeable in the design, installation, and maintenance of individual sewage treatment systems. By properly enforcing a sound sanitary ordinance, the local unit of government can save the individual home owner or non-residential user of an individual sewage treatment system from the economic loss of an incorrectly installed sewage system. Properly designed and installed sewage treatment systems provide for adequate sewage treatment and eliminate the need for expensive collector sewers. Thus, there can be substantial savings both to individual home owners and to society if individual sewage treatment systems are properly designed and installed.

In 1980, four Home Sewage Treatment workshops were conducted in the metro area with a total of 159 persons attending (27% installers; 40% local government officials; and 33% others). In addition to these three day workshops, meetings on sewage treatment systems and water quality were conducted in Dakota County, a meeting for sewage system installers was conducted in Carver County, and information was presented at a regularly scheduled meeting of the Washington County Planning Commission.

Since the campus has ready telephone access in the metro area, it is estimated that 20 phone calls per week are received by the extension specialist requesting

information on individual sewage treatment systems. In addition, approximately 10 telephone calls per week are received by the specialist with questions on various aspects of water quality and other water related problems. Questions are asked concerning the feasibility and operation of water softeners, how water is tested for potability, the significance or meaning of water test results, how to prevent wet basements, and surface drainage problems. It appears that water related educational needs are increasing in the metro area.

Agricultural Policy Seminars

Traditionally, farmers have been most interested and concerned with educational programs dealing with production and marketing of various commodities. However, topics related to inflation, transportation, export trade and agricultural policy are becoming more important in relation to the farm economy and agricultural leaders are playing an important role in making decisions regarding these topics. Thus, educational programs are needed to provide background and information.

The Dakota County Extension Service participated in an Agricultural Policy Seminar during the past year. Two Extension faculty and six community leaders (including farm women) were involved. The Extension staff feels that this type of seminar is important and that Extension must play a role in getting more rural people informed about the world food situation and their part in it. This educational area is difficult to implement but will be continued.

Food Issues

"Food Issues" is a special emphasis Minnesota Extension Program. Food, hunger and prices are on-going problems at home and abroad. Sharing food with the less fortunate at home as well as abroad is being widely discussed. People ask about the quality and safety of food. The concentration of power in the food system is under public scrutiny. Facts are needed to help make decisions about the future quantity and quality of food.

Three metro area counties offered "Food Issues" topics during the past year-- Hennepin, Ramsey and Dakota. Educational objectives for the programs were for metro area residents to:

1. Know the interrelationship of the food production-consumption cycle.
2. Identify and select the alternatives which will use resources efficiently and effectively.
3. Learn how to influence food policy decisions through the democratic process that insure an adequate supply of quality food at an affordable price.

Hennepin and Ramsey Counties cooperated in conducting an inservice education up-dating program for home economists, agency professionals and volunteers working with consumers and students on food and nutrition concerns. Topics included "proposed labeling changes" and "protein and fat controversies." Fifty professionals attended and evaluations were very positive.

Ten educators participated in a Dakota County inservice education program to gain new knowledge on dietary changes and consumption patterns, and to become better aware of Extensions' resources and how they could be used in classroom teaching and educational programs for families.

In an evaluation study with professionals participating in the Ramsey County "Food Issues" programs during the past three years about one-fourth of the participants responded and indicated that they had found the training programs useful. Information had been used directly with 310 adults, about 1,500 students, customers in supermarkets, 4-H leaders and members, and friends. "Food Issues" topics for future training programs were also identified.

Managing Large Group Meals in Nonprofit Community Organizations

Extension educational meetings were conducted for community volunteers who prepare and serve meals to large groups. Objectives were to improve participants' ability to plan, prepare and serve meals in a safe, attractive, efficient and profitable manner.

The program was initiated in 1979 on a multi-county basis. County agents, district directors, specialists, representatives of the Minnesota Home Economics Association (Twin Cities Home Economists in Homemaking), and members of community organizations worked cooperatively to plan and conduct the sessions. The workshops were offered at a modest fee which covered lunch, materials and space charges.

Four workshops were conducted with approximately 400 participants from the seven county metro area attending. Evaluation summaries indicated that participants received current information that could be used immediately and directly in their communities.

Meals that are served by nonprofit organizations represent an important facet of our society. The people directly involved in the preparation and service of these meals are dedicated volunteers interested in doing the best job possible. Extension is able to provide both organizational leadership and subject matter expertise for these programs.

Other Community Development Efforts

An estimated 1,000 different agencies, organizations, government, professional, school, church, welfare, and health groups cooperated in planning, resourcing, and conducting extension educational programs in the seven county metro area during the past year. Extension agents and state specialists serve on a variety of boards and committees to share information as well as coordinate the development of educational programs. In Ramsey County alone, extension agents were involved in a total of 256 different groups.

Extension agents in Dakota, Hennepin, Carver and Ramsey counties indicated that a major community development effort during the past year was the organization or re-organization of adult/community education coordinating groups.

Other efforts in programs impacting on communities have included cooperative planning and sharing of educational resources regarding Indochinese populations in the Twin Cities area and energy education programs.

The seven county metro area has a rich combination of newspapers, radio, and television stations that provide an important means for disseminating timely and needed information. There are four major daily papers and approximately 50 weekly papers. The Minneapolis-St. Paul area has 25 radio stations. There are also several out-state radio stations that service portions of the metro area. Four commercial television stations and one public station serve the metro area as well.

Weekly news packets are prepared by communications specialists in the Department of Information/Agricultural Journalism and sent to county extension offices. Extension agents send some of the releases directly to local newspapers and radio stations while other articles may be used or adopted for local feature stories and regular columns. Most extension agents prepare radio programs and many are used on a regular basis by local stations.

The Department of Information/Agricultural Journalism provides radio tape service to eight commercial stations in the metro area. In addition, KUOM airs a weekly radio program from the St. Paul Campus. Occasionally specialists assist radio stations in preparing feature stories and some news releases are picked up by the Associated Press or the Commodity News Service.

County extension agents have very little involvement with local television stations. Anoka County, however, provides one release per week for Northern Cable Vision. State communication specialists prepare short productions, public service announcements, timely reports, and investigative research topics for use on commercial channels. During the year, the television specialists prepared several components of the University's "Matrix" program. Occasionally, state specialists and county agents appear on local television programs--this is not a regular activity, however.

While use of media as an educational method has been identified in previous sections of this report, the following table summarizes the total media outreach by county for news releases and radio programs.

1979-80 Metro Media Outreach

<u>County</u>	<u>News Releases</u>		<u>Radio Programs</u>	
	<u>Number</u>	<u># Papers</u>	<u>Number</u>	<u># Stations</u>
Anoka	118	9	64	2
Carver	329	4	(12 tapes)	4
Dakota	312	15	120	1
Hennepin	60	27	45	14
Ramsey	163	32	42	2
Scott	208	10	306	2
Washington	291	12	220	7

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