EXTENDING KNOWLEDGE
Changing Lives
IN BRECKINRIDGE COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.

Priority Program Efforts

- 250 producers have adopted resource management technologies (IRM, IPM, soil testing, soil fertility management) as a result of Extension programs.
- 155 individuals incorporated new or additional conservation practices.
- 39 local residents are ready to enter the work force as a result of Extension programming.
- 670 individuals experienced an increase in knowledge, opinions, skills, or aspirations regarding lifestyle changes (diet, exercise, etc.) that improve personal health.
- 43 adults and 18 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs.
- 450 individuals reported practice changes related to safety (use of bicycle helmets, fire extinguishers, tractor roll bars, radon testing, smoke detectors, proper ATV operation, etc.).
- A total of 275 individuals reported eating more healthy foods.
- A total of 520 youth reported an increase in knowledge of science relating to natural resources and the environment.
- 75 adults reported an increase in knowledge, opinions, skills or aspirations related to money management.

Breckinridge County: Making a Difference in the Lives of all Residents

The Breckinridge County Cooperative Extension Service continues its mission to bring research-based information from Kentucky’s Land Grant Institutions (University of Kentucky & Kentucky State University) to local individuals and families. As we reflect on the past year, it is apparent that Cooperative Extension Service continues to make strides in serving the community through diverse programs that serve all local communities. Extension provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development and community and economic development. We hope that you will take time to review the programs highlighted in this report and join us in the journey of Extending Knowledge and Changing Lives.

2012-2013 statistical highlights

- Total number of contacts 34,251
- Total volunteer hours 10,513
- Total programs 145

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.
New Face of Breckinridge County 4-H

In May, the Breckinridge County Cooperative Extension Service welcomed the new 4-H and Youth Development Agent. Ms. Alex Bryant. Alex completed a Bachelor of Science in Biology and Psychology at the University of Louisville. While at U of L, she worked in a Plant Ecology Lab on campus for three years. This is where she first became interested in studying insects. Alex traveled to Michigan State University to pursue a Master’s Degree in Entomology, where she looked at the impact of mulching and tillage practices on insects in cabbage fields. She also volunteered as a tour guide at the Bug House on campus, giving tours to a wide range of age groups. From these experiences, Alex realized that she wanted to pursue a career in 4-H where she would have the opportunity to provide programs for kids. Alex is excited about joining the Extension staff and getting to know the community by working with the 4-H Club members.

4-H Summer Camp Building Life Skills

4-H Camp is a long standing tradition in Breckinridge County, providing fun and educational opportunities for both youth and adults involved in the program. In 2013, this tradition continued with 57 youth, seven teens, and nine adults attending camp. This four day program consisted of workshops, classes, outdoor activities, and camp-wide events that taught campers about life skills. Outdoor activities such as nature hikes, canoeing, archery, rifle, swimming, softball, and volleyball promoted physical activity, teamwork, social skills, and the importance of safety. Both indoor and outdoor cooking classes reinforced nutrition and food safety, while allowing campers to express their own creativity. The nature and wildlife classes provided campers with an opportunity to interact and learn more about the wildlife found here in Kentucky, and the value of being good stewards to the Earth. At the end of camp in 2013, 89% of campers learned something that would help them at home, school, or in their communities, 98% of campers tried something new, and 97% of campers felt good about something they accomplished during those 4 days. Most youth (98%) felt they were responsible at camp, taking care of themselves and their belongings, using good time management, and cleaning up after themselves.

Adults, teens, and campers in training (CIT’s) also benefited from 4-H summer camp. They put their leadership training into action while working with youth. This was an enormous success and 98% of campers felt that their cabin leaders cared about them and helped them throughout the week, providing guidance and supervision.

4-H camp is a highly valued program in Breckinridge County that is supported by members of the local community. Thanks to the generous support of local organizations, scholarships that totaled $1,300 were awarded to campers to cover registration fees for 13 campers. This valuable program has a positive impact on Breckinridge County youth, developing life skills they will use long after they leave Western Kentucky 4-H Camp.

Teens Connecting with the Community

In December 2012, members of the 4-H Teen Club planned and implemented a new Christmas Basket program to provide assistance to families in need during the Christmas holiday. In collaboration with the local Community Action Organization and Ministerial Association, 45 local families in need were identified. Christmas baskets with items to
create a complete turkey dinner, family care items, and a toy for each child, family nutrition and budgeting information were provided. To make this project a reality, 11 teens developed skills, such as planning, leadership, teamwork, communication, time management, and budgeting. The teens held planning meetings and reached out in the community to request project sponsorships from local businesses. After receiving $1,200 in sponsorships, the teens created a budget, discussed the items needed for the basket, and went on shopping trips to pick up the hundreds of canned food items and other pieces for the baskets. The baskets were assembled and delivered in time for Christmas, providing support to local families during difficult economic times. The Christmas Basket Project inspired the 4-H teens to participate in additional community service projects, including rejuvenating and cleaning up the downtown garden in Hardinsburg, KY, as well as, creating fleece lap blankets for Hosparus patients. The teens have continued to make an impact on their community while developing their leadership, communication, and teamwork skills.

**Building Strong Families with Heritage Skills**

With the leadership of the Extension Homemakers, in the spring of 2013, a new sewing project group was formed. The Breckinridge County Sewing Circle meets monthly with the average attendance of 10-15. Volunteer leaders and participants work on individual projects while giving instructions and support to each other. Heritage crafts, such as, hand quilting and chicken scratch needlework instructions has been shared within the group. The new group has introduced Extension to 15 local citizens and encouraged participation crossing generations with teens, mothers and grandmothers working side by side on projects. Also, with the opportunity to work with new participants, Extension staff and volunteer leaders have been able to share additional programming opportunities and market the Homemaker organization. The new Breckinridge County Sewing Circle is reaching out into the community and providing a supportive environment for new participants to learn skills and has opened the door to the vast resources of the local Extension Office.

**Tobacco Supports Breckinridge County**

Tobacco still plays a major role in the farming economy for Breckinridge County; with more than 2,000 acres or 4 million pounds of production. The 2013 season started out with an informational meeting on the legal seasonal migrant labor program or the H2A program. Thirty annual contracts were signed for obtaining 180 legal migrant workers; seven (7) of these contracts were new for 2013. The Agricultural agent was able to work with individuals in three counties to talk about the pros and cons and how to start working with getting their housing ready for inspection, as well as, a recordkeeping system for payroll. A multi county GAP Training was offered in which over 250 individuals, families and farms qualified to be eligible to sell tobacco at any of the receiving stations. The spring brought on the rush of the tobacco float bed checkup program. This program allows Extension Staff to work with farmers on growing their own tobacco plants; to bring in UK tobacco specialists to help producers with plant disease and pest identification. Also, with their help the disease and insect migration could be documented. The program saved farmers an average of $250/acre for plants if they had to
purchase them; with over 500 acres in this program, a savings of $125,000. During the growing season, farm visits gave the opportunity for Extension staff, producers, and migrant workers to share knowledge, ask questions, and receive hands on guidance. The migrant workers were invited to participate in English classes, as well as, lessons on filing their taxes which is a new IRS requirement. This has been another successful tobacco season.

Fifteen Years of Farm Safety Awareness

In 2013, the Breckinridge County Youth Safety and Health Awareness Task Force once again presented the Farm Safety Day Camp for all 4th graders. As an agricultural community, farm safety awareness continues to be an identified need. The community continues to support the program through sponsorship dollars and volunteer hours. The local support included 1,500 volunteer hours, $1,500 cash donations and $500 in items for participant goodie bags. A survey is given to all school personnel, students, volunteers and presenters and at least 90% of those answering were very satisfied with the event.

Farmers’ Market Serves the Community

The Farmers’ Market continues to expand and a survey was conducted of those visiting the market, as well as, the vendors selling at the market. Ninety-nine percent of those reporting back are highly satisfied with the market and the market area that is available to local vendors. One grower even said that Breckinridge County is so lucky to have such a nice facility to use. Vendors reported having an average of $2,500 net income, with a record number of vendors signed up.

Plate It Up! Kentucky Proud

With a struggling economy, the local Farmers’ Market provides an opportunity for local farmers to diversify with fruits and vegetable production. In an effort to build the consumer use of the Farmers’ Market and the consumption of fruits and vegetables, the Cooperative Extension Service and the KY Department of Agriculture has developed the Plate It Up! Kentucky Proud program. In May, 110 Extension Homemakers received training about the program. The participants gained information regarding the benefits of shopping local at the Farmers’ Market and recipes for preparing produce for family meals. Food demonstrations and sampling encouraged the participants to try new foods and prepare them in health conscious methods. The Plate It UP! Kentucky Proud program supports the local producer and encourages healthier lifestyle choices for all.

Plate It Up! Breckinridge County

Tobacco a profitable crop