EXTENDING KNOWLEDGE
Changing Lives
IN CARLISLE COUNTY
Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.

Winter Agriculture Conference
The Winter Agriculture Conference is a meeting that has taken place for the last few years but was renamed in order to have a constant name from year to year. It is a multi-county as well as multi-organization event. We teamed up with Adult agriculture educators from WKCTC to bring an informational meeting to the farmers in Western Kentucky. The meeting was hosted in Pilot Oak, Kentucky by Lowry farms. Agriculture agents from Graves, Calloway, Hickman, and Carlisle County hosted the Winter Agriculture Conference in Pilot Oak. Agents as well as adult educators felt that irrigation had been covered the last two years so there was a program change. The program consisted of Managing Field Variability to variable rate planting and GPS/yield maps to reporting for crop insurance. With snow and ice covered roads 138 producers and exhibitors still braved the weather to attend. Lunch and door prizes were provided by product vendors and sponsors on site. A survey was done and 95% of the producers felt valuable information had been presented that they could use or incorporate into their farming operations.

Priority Program Efforts
A total of 5 people are now involved in addressing significant community issues.

13 local residents implemented practices that promote sustainable agriculture.

10 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming.

A total of 15 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health.

A total of 40 youth and adults demonstrated informed and effective decision-making skills.

75 individuals reported an increase in knowledge of sustainable energy.

227 youth and adults demonstrated increased practical living skills learned through Extension programming.
“HOME IS WHERE THE HEALTH IS”

Local professionals have voiced a concern about a large proportion of overweight children in Kentucky and a need for short, easy-reading resources for local at-risk audiences to motivate them to change unproductive behaviors into nurturing parenting, health, and nutrition practices. The Carlisle County Cooperative Extension Service presented “Home is Where the Health Is” in October 2013 to 15 limited resource families. A pre-test showed that 46 percent play actively with their children, indoors or out; 40 percent limit tv watching and computer game playing to 2 hours or less daily; 40 percent include fruits and vegetables regularly in meals each day; and 53 percent occasionally turn off the tv when eating. The post-test showed that 13 families learned 3 new ways to fix family problems without fighting; 13 learned 3 new active ways to have fun with their child; 14 felt better equipped to help their child achieve or maintain a healthy weight; and 15 said they would purchase or make at least 2 healthy afterschool snacks that week. The Carlisle County preschool program utilized a grant to purchase active play equipment for each family such as squishy balls, jump ropes, flying discs. The Extension Homemakers sewed drawstring bags from fabric donated by one of the Homemakers. The bag of “active play equipment” was presented to each family, to promote active play together as a family.

GROWING HEALTHY FAMILIES”

The Carlisle County SNAP-Ed paraprofessional taught 42 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 60% of families made an improvement in the nutritional quality of their diet. 25% of SNAP-Ed graduate families consumed a diet of higher quality because they planned meals using the food guide pyramid, considered healthy choices, and used the “Nutrition Facts” label. 25% of families increased the frequency of moderate physical activity for 30 minutes per day. 25% of families began feeding their children breakfast. 40% of families demonstrated an improvement in safe food handling practices and hand washing behavior. 60% of families learned to plan meals ahead of time and use a grocery list to guide food selections. A 60% improvement was shown in food price comparison behavior. 20% of families were able to use community food resources, such as food pantries, less often due to increased skill at food resource management.
Youth Agriculture Day
The Carlisle Extension Service hosted an Agriculture Day for Carlisle County third grade students. The students were divided into smaller groups and they rotated to 10 different booths. The booths included safety with grain and grain handling by Bunge. Electrical safety with West KY REC and shop safety by the Carlisle FFA. Other booths contained information on agriculture products in our county such as corn, soybeans, and beef cattle. Some other booths involved soil conservation, corn plastics and methamphetamine awareness. The 80 students all felt they were able to focus on how agriculture impacts their lives each day.

Steve Kelley discussing corn products during Ag Day

4-H Camping
Carlisle County youth gained knowledge on independent living skills by attending 4-H camp at Dawson Springs. 50% of the campers had never attended before. The girls’ cabin received the clean cabin award two days in a row. The boys’ cabin received the clean cabin award for one day. This motivated the campers to strive to do better each day. Campers were involved in several activities out of their comfort zone. The boys had won the spirit award last year and were determined to win again and they did. Campers were put in a scary situation when a tornado warning was issued Wednesday night and forced everyone into the cafeteria. They had to stay there until bedtime. Campers handled this situation very well. They gained knowledge and cooperation skills from each other that night and the rest of the week. The 19 Carlisle campers expressed their interest in attending camp again next year. All the adult volunteers committed to another year at camp.

High Tunnel Vegetable Profitability
High tunnel production has increased significantly in western Kentucky. Much of the increase is due to the NRCS grant program resulting in many new producers in the region. To bring attention to these issues, ANR agents in Graves, Carlisle, McCracken and Lyon County collaborated to offer farmers an educational program: “Maximizing High Tunnel Vegetable Profitability”. Fifty producers and others interested in high tunnel production attended. Shubin Saha, Extension Vegetable Specialist; Kenny Seebold, Plant Pathologist; Ric Bessin, Extension Entomologist; Daniel Becker, Extension Associate for Fruits and Vegetables; and Tim Woods, Ag Economics Specialist presented information on beginning high tunnel production, in-ground tomato production, tomato varieties, disease and insect control, production opportunities beyond tomatoes and the economic and marketing considerations for high tunnels.

Sixty percent of participants rated the conference as significant for their operations and 12 percent rated it very significant. Eighty-nine percent said they learned a lot or the conference was really excellent. Comments included that it was very well put together, interesting and very good awareness for producers.

Kentucky Dam Village served as the meeting place for the high tunnel workshop. Everyone enjoyed a meal and snacks during the day long workshop.
The Carlisle County Cooperative Extension Service
Extending Knowledge, Changing Lives

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Extension Homemaker Leaders help teach sessions, and preside in their elected offices at KEHA state meeting.

GROWING LEADERSHIP SKILLS

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. The organization was developed in cooperation with the University of Kentucky Cooperative Extension Service. The Carlisle County Extension Agent for Family and Consumer Sciences serves as advisor to the members, giving them support, encouragement and tools for advancement. In the framework of the organization there are state, area and county officers and educational chairpersons. Carlisle County Extension Homemakers are not huge in number but do excel in quality. Presently two Carlisle County members are state educational chairpersons and two are area chairpersons. One member will soon step up to Purchase Area President. One of our state chairpersons successfully wrote an application for a grant from KEHA for a project that the Purchase Area Homemakers will carry out. Four Carlisle County Extension homemakers taught workshops at the KEHA state meeting. The two state chairpersons gave us representation on the state board which oftentimes, is mostly comprised of people in the central part of the state. These members have developed their leadership skills over the years and have been involved in many Extension leadership roles in the local community.

Quote— “Extension Homemakers gives me the opportunity to organize, facilitate and share skills and knowledge with others.”

Author– Julie Hook