

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.



The new Carlisle County Cooperative Extension Service building located at 65 John Roberts Drive, Bardwell, KY.

Working for a Better Future Grows into a Reality

The Carlisle County Extension District Board, along with the fiscal court have been in partnership working towards getting a building built that would house the Extension Service and the Ambulance Service. After renting space for many years, the Extension Service needed a facility that could hold larger groups and be more flexible. The local Area Development District helped in an application for a community development grant, after the Extension Service collected mass quantities of surveys from individuals in the community. Next, the Family & Consumer Sciences agent and Agriculture & Natural Resources agent worked with the county Ag Development Council to apply for a grant from the State Ag Development Board. This was successful and was used for the commercial kitchen. After many hours of meetings of the building committee, a building plan was formulated and a completed building is now in place with an open house held July 19th, 2015. The new facility has been a bustle of activity ever since.

Priority Program Efforts

- A total of 179 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- 65 youth reported acquiring one or more life skills as a result of participation in non-formal youth development programs conducted by Extension
- A total of 24 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- 23 individuals reported changes in knowledge, opinions, skills, or aspirations related to the impact of public policies on agriculture and the environment
- A total of 12 youth and adults demonstrated informed and effective decision-making skills
- 65 individuals adopted practices recommended by Extension that ensure safe water
- 112 youth reported an increase in knowledge of science relating to natural resources and the environment



A student meets with law enforcement at the Truth & Consequences event.

Teaching Youth to Live Well

The Carlisle County Agency for Substance Abuse Policy (ASAP) identified substance abuse problems as a priority in our community. Thus, a Truth and Consequences event was held for 54 eighth grade students in March 2015. The event involved a 10 member planning committee made up of Extension agents, health department staff, behavioral health staff, school staff and community volunteers. The planning committee is already making plans to hold the program again next year due to the success of this event in changing youth attitudes toward substance abuse. As a result of this program:

- Fifty-two students developed a better understanding of the legal consequences of substance use.
- Fifty-three developed a better understanding of the physical health consequences of substance use.
- Fifty developed a better understanding of the mental and emotional consequences of substance use.
- Forty-one developed a better understanding of the financial consequences of substance use.
- Fifty-four developed a better understanding of the risk and harm of substance use.
- Fifty-three developed a better understanding of where to access help in the community for substance use problems.
- Twenty-six community volunteers were utilized in addition to 22 parents, 3 grandparents and 1 aunt.

Farm Bill Program Sign-Up Options

Like other farmers in the area, Carlisle County farmers were trying to decide which farm bill options would give them the most revenue protection. As a result of Extension meetings, producers were able to increase their knowledge on the Farm Bill sign-up options. Before the meeting, 54% of the producers surveyed had a low level of knowledge about their choices. After the meeting, 88% felt they gained a high level of knowledge about the farm bill options. Of the producers attending the meeting, 100% were crop producers with 77% of them owning land. One hundred percent (100%) of the producers surveyed have a high intent on using the information they received. By using this information, the producers can protect their gross farm revenue with the risk management tools that were discussed.

Meet Your County Agents and Learn about Nutrition

The 2012 County Health Rankings from the Robert Wood Johnson Foundation ranked the county 80th out of 120 counties. Thirty percent of individuals in the Commonwealth report no leisure-time physical activity. Increased consumption of unhealthy food, stress and built environments that promote physical inactivity are largely responsible for the obesity epidemic. As a result, Kentuckians are dying from heart disease and cancer at higher rates than all Americans. In order to try to reach more clients a joint program was planned at an apartment complex in Bardwell. The new nutrition education banner was placed in front of the meeting site and flyers were passed out to all the apartments prior to the meeting. We were able to provide yogurt and fruit snacks to the 17 individuals that showed up for the meeting. Each agent introduced themselves and gave a presentation on nutrition and garden ideas to be put in place in the county.

4-H Interactive Educational Garden

Carlisle County Extension Agent for Agriculture and Natural Resources, Chuck Flowers, had a vision for the Carlisle County 4-H program to have an Interactive Outdoor Educational Garden. Sixty-four percent (64%) of the county's population qualifies for free and reduced lunch, and 32.4% of the community is considered obese. Having an educational garden for youth to grow their own high quality food is an excellent way to promote healthier lifestyles, while developing interactive skills working with volunteers in the garden as mentors. Chuck secured three grants totaling \$11,000 from Pioneer, the Kentucky 4-H Foundation, and University of Kentucky Family & Consumer Sciences. The first purchase with grant funds was an outdoor building for garden supplies and SNAP-Ed material. Then, the funds were used to buy a gazebo and tables for the meeting area with raised beds to grow different vegetables and flowers. The gazebo was landscaped with different plants from the 4-H horticulture list and labeled for the students to easily identify.



The gazebo area is complete with handicap-accessible tables. One of the goals this coming year is to add a sidewalk to the garden area.

One of the goals of this project was also to establish an outdoor meeting area for all program areas and the community to use. The outdoor garden area has been used for Extension staff meetings, and EMS staff used it for one of their staff meetings. A series of Go, Grow, Garden classes was held for interested 4-H'ers, where they grew and studied different vegetables. At their last meeting, they harvested, prepared and got to eat what they had grown in the garden. Extension staff hope to expand the project this coming year and are looking forward to the rest of the community getting involved. Some people have even said it would be a nice place for a wedding.



Carlisle County 4-H'ers showing off their harvest from the Interactive Educational Garden.

"I learned to plant seeds and make a garden. The best part was when we got to eat what we grew."

- Carlisle County 4-H'er (10 years old)

Leadership Skills of Extension Homemakers

In October 2014, the Carlisle County Extension Homemakers held their annual Holiday Foods Tasting Gala. Attended by 150 people, this event was planned by a five member committee with the FCS agent as their advisor. Recipes are prepared by volunteers who bring enough of the dish to serve 150 teaspoon-size portions. A copy of their recipe appears in a booklet that each person attending receives. The 2014 booklet had 36 recipes in it. This event required leadership skills from Extension homemaker members, from planning the event, to setting up, decorating, stapling booklets together, to clean up afterwards. It also serves as a good way to involve members who have not been active before. Some new members were gained at the event and other Extension programs were promoted that evening.



Kelsey Chadwick (center), new Extension Agent for 4-H Youth Development, is pictured at Teen Conference with Laiken Ellegood (left) and Sarah Drysdale (right).

A New Face around the Office

Kelsey Chadwick began her position as the Carlisle County Extension Agent for 4-H Youth Development on May 19th, 2015. Before coming to Extension, Kelsey worked for the Western Kentucky Migrant Education regional office for five years designing afterschool programs, directing summer camps, and mentoring students and families. Kelsey holds a Bachelor of Arts degree in Spanish and English from Murray State University and a Master of Science in Social Work from the University of Louisville. While working on her master's degree, she also completed a two-year internship at the Cabinet for Health & Family Services working with at-risk families and youth.

Kelsey was a 4-H'er in Calloway County for ten years, where she judged livestock, raised and showed market lambs and breeding sheep, participated in various clubs and projects, attended 4-H Camp and National 4-H Congress, volunteered as a teen leader, and completed the bronze, silver, and gold honors. She and her husband, Matt, met through 4-H and have one daughter, Dava, who is eight months old. Matt is the Calloway County Extension Agent for Agriculture & Natural Resources. Kelsey is excited to be involved with 4-H again and has enjoyed a warm welcome in Carlisle County.

Camping for Success

Carlisle County sent 24 campers, 5 adult volunteers, 2 teen volunteers, and 1 agent to West Kentucky 4-H Camp this year in Dawson Springs. This year's theme was *The Best 4-H Camp Ever* with the minions from the movie *Despicable Me*. Carlisle County camped with Ballard, Marshall, Christian, Fulton, and Graves counties. The girls' cabin won Cleanest Cabin on Tuesday and the Spirit Stick at Mega-Relay. Several campers also received awards for outstanding performance during their class times. It was a fantastic week. 4-H Camp is a great opportunity for 4-H'ers aged 9-14 to learn new things, develop leadership skills, and make lasting friendships. Exciting tracks offered this year included canoeing, swimming, archery, rifle, ropes, horse, and more. Campers attend dances, sing songs, watch skits, and enjoy free recreation time. Some campers take classes while at camp that allow them to make projects they can enter in the county fair. Attending 4-H Camp would not be possible without our dedicated adult and teen volunteers who commit their time and effort to this program. Plans for next year's 4-H Camp are already in the works.

Carlisle County Cooperative Extension Staff

Sara Bogle Martin, Agent for Family & Consumer Sciences
Kelsey Chadwick, Agent for 4-H Youth Development
Chuck Flowers, Agent for Agriculture & Natural Resources
Lisa Dodson Adams, SNAP-Ed Program Assistant
Rebecca Allen, Staff Assistant

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**The Carlisle County
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Extension Service**

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