

EXTENDING KNOWLEDGE *Changing Lives*

IN CARROLL 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 Roughest, Toughest Mutton Busters at the 2015 Carroll County Fair

Priority Program Efforts

- ◆ **\$11,000** in grants and resources generated/leveraged in the county
- ◆ **2,540** hours completed by volunteers
- ◆ **54** producers implemented practices that promote sustainable agriculture
- ◆ **25** individuals made a lifestyle change (healthy home practices, managing stressors, etc.) for the purpose of improving his/her personal health
- ◆ **12** citizens are involved in addressing significant community issues
- ◆ **15** producers adopted resource management technologies (IRM, IPM, soil testing, soil fertility management)
- ◆ **26** youth and adults increased leadership skills, knowledge, or confidence through Extension-related leadership programs
- ◆ **25** individuals made lifestyle changes (diet, exercise, etc.) for the purpose of improving his/her health
- ◆ **18** individuals made a lifestyle change for the purpose of improving water and/or natural resources
- ◆ **62** individuals increased knowledge of best practices related to conserving, sustaining, and/or protecting soil resources

Carroll County Cooperative Extension: Building Our Community, Building Our Future

The Carroll County Cooperative Extension Service is the local branch of Kentucky Cooperative Extension. Through the University of Kentucky's College of Agriculture, Food and Environment, the Cooperative Extension Service is a comprehensive educational outreach and engagement program.

Our mission is to serve as a link between Carroll County and the Commonwealth's two land grant universities, the University of Kentucky and Kentucky State University, to help people improve their lives through an education focusing on their issues and needs.

This grass-roots organization offers educational opportunities in the following program areas: Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community and Economic Development.

As we reflect on the past year, it has been our goal to introduce new, interesting, and lifestyle-changing programs that will benefit our community for years to come.

Truth and Consequences:

The Choice is Yours!

Substance abuse is a serious problem in Kentucky and it comes in the form of a wide variety of ways—prescription drugs, street drugs, alcohol, marijuana, etc. According to the 2013 report “Prescription Drug Abuse: Strategies to Stop the Epidemic” released by the Trust for America’s Health organization, Kentucky has the third highest drug overdose mortality rate in the United States, with 23.6 per 100,000 people suffering drug overdose fatalities. The Kentucky Office of Drug Control Policy reported 140 drug overdose deaths in the Northern Kentucky area in 2013 with five of those deaths in Carroll County. A staggering 24.29% of the 140 deaths were people between the ages of 18 and 30.

The Foundation for Advancing Alcohol Responsibility reported 168 alcohol-impaired driving fatalities in Kentucky in 2012, 21 (12.5%) of which were individuals under the age of twenty-one.

The Carroll County Extension Council and Extension Agents feel very passionately about doing their part to help address the substance abuse problem in Carroll County and placed high priority in this area. In response, a collaborative effort among all Extension programming areas was established to implement Truth and Consequences: The Choice is Yours! on March 19 and 20, 2015.

Truth and Consequences is a scenario-based role-play activity designed to help students learn more about the physical, legal, financial, and emotional consequences of substance abuse. Collaborations among the Carroll County Cooperative Extension Service, Carroll County Middle School, Champions for a Drug Free Carroll County, and Three Rivers Health Department provided the program to eighth grade students.

Immediately following the program, students and community volunteers evaluated their experiences.

93.1% of students felt they were better equipped to handle peer pressure in regards to drinking and/or doing drugs after participating in Truth and Consequences. One student replied, “I feel that I am more prepared because when they talked to us, [I learned] drugs could ruin someone’s life and a simple ‘no’ could change your life.”

85.3% of students stated they would make different choices in the future as a result of going

through the program’s scenarios.

Of the community volunteers that participated, 76.5% gained awareness of the problem and impacts of substance abuse in the community, while 93.3% gained knowledge of the resources available to a substance abuser. All volunteers expressed their interest to participate in future Truth and Consequences events.

Due to the incredible success of Truth and Consequences: The Choice is Yours! in Carroll County, plans are underway to present the program again in March 2016.



Chris McBurney demonstrates cattle handling techniques and facilities.

The Carroll County Cattlemen’s Association Family Farm Field Day

According to the 2012 Census of Agriculture, there are 7,905 beef cattle and calves on 147 farms in Carroll County. Cash receipts from this livestock total \$1,859,000 making this area of production agriculture very important to the community. The Carroll County Cattlemen’s Association is a growing organization, whose members showed interest in having a field day for the agricultural community. In response to these interests, a Family Farm Field Day took place on September 20, 2014.

The Family Farm Field Day targeted farm families, offering educational sessions in cattle production for producers and 4-H activities for youth. The field day was hosted on a farm owned by the Stephenson Family: Jason, Robin, Levi, and Caleb. Cattle production topics included cattle handling and facilities (Chris McBurney, McBurney Livestock Equipment), hay testing (Kim Field, Kentucky Department of Agriculture Forage Testing Program), and nutrition for cow/calf operations (Tim White,

Board Member of National Cattlemen’s Association and Kentucky Cattle Producer). 4-H activities, organized by the Carroll County Extension Agent for 4-H Youth Development, included sand art, woodworking, fire safety, and rocketry.

Over 120 people attended the field day, with at least 20% of attendance being youth, age 18 and under. Thirteen local farm organizations and suppliers were present. Initial evaluations indicated that producers learned of the field day through the Cooperative Extension Service, the local newspaper, and word of mouth. In addition, attendees listed the following as reasons for why they attended: to learn more about improving their cattle operation, to learn more about testing the quality of hay, and to observe other farming techniques.

An immediate result of the field day was the increased interest in having hay tested for quality. Since the field day, six producers have requested their hay be tested through the Kentucky Department of Agriculture’s Forage Testing Program. Other intended outcomes of the field day reported were evaluating how the herd is handled/worked and evaluating nutrition of the herd. Furthermore, attendees were interested in either continuing or becoming member of the Carroll County Cattlemen’s Association and 4-H volunteers. Follow-up evaluations are planned to determine additional direct outcomes of the field day.

The Carroll County Cattlemen’s Association Family Farm Field Day was a great success, both in the amount of people present and the education delivered. Attendees indicated ideas for future field days, thus showing a desire for field days to continue in Carroll County.

Creative Cultural Arts Camp ---

After participating in a professional development workshop on Creative and Expressive Arts where the KET Arts Toolkit was introduced, the Carroll and Gallatin County 4-H Youth Development Agents decided to use this toolkit as the curriculum for a Creative Cultural Arts Camp.

The camp was funded through \$1000.00 by the Charles Barnhart Fund for Excellence Grant and \$500.00 from the Ohio Valley United Charities. Obtaining these grants allowed a new opportunity for these two small, rural counties (Carroll—10,942



Dramatics at Creative Cultural Arts Camp.

residents; Gallatin—8,462 residents) with limited access to cultural activities and experiences.

Art is a way for youth to express and share feelings, ideas, and values. When youth explore the arts of different cultures, they develop an understanding and appreciation of culture, history, and traditions. The arts are an effective tool for fostering individual and community growth. Arts education solves problems. Research shows that art is closely linked to academic achievement, social and emotional development, civic engagement, and equitable opportunity. In short, arts education builds strong communities.

Creative Cultural Arts Camp was designed to meet the needs of youth during the summer months by providing affordable, accessible, and appropriate learning activities and cultural experiences through artistic mediums. The premise was that youth who participated in Creative Cultural Arts Camp would explore a variety of cultures through visual arts, music, and drama. The camp provided a safe and engaging place for youth to spend time during the summer while using time constructively, creating cultural competence, and developing interests and skills in the arts.

Four high school student volunteers taught the drama activities while the agents taught music and art. Each participant created their own musical instrument, learned how to play it, followed a conductor, and composed a song using the 4-H Pledge. Other activities included art appreciation with famous artists and utilizing a variety of artistic mediums (watercolor pencils, oil pastels, acrylics, crayons, and graphite pencils). Participants completed an eight by ten acrylic painting through the guidance of a local Carroll County artist.

Creative Cultural Arts Camp was held at the

Carroll County Extension Office for one week during the summer of 2015. Twenty-six youth, in grades four through eight, enrolled in the camp. Both transportation and lunch were provided to all participants, free of charge.

At the conclusion of camp, a culminating activity was conducted which included a dramatic performance, vocal and instrumental musical performances, and art show.

To evaluate the effectiveness of the camp, two assessments were conducted. The first assessment was administered verbally at the conclusion of camp, measuring 4-H'ers initial reactions to their experiences. A second assessment is now being administered, designed to measure the perceived benefits of camp, including knowledge gained, opinions created, skills developed, and what participants enjoyed most.

Participants gained knowledge of the arts and have created items to enter in the county fair. Four teens learned leadership skills. The collaborative art teacher made the following comment: "I met lots of kids in my area who love all sorts of art and are dedicated to improving what they do. It also gave me the chance to hone my skills as a teacher of children, especially those who know they love to paint or want to learn to paint."

Due to the great success of the Creative Cultural Arts Camp, it will be offered again.



Rain Garden at the Kentucky Horse Park.
(UK Residential Rain Gardens, <http://www2.ca.uky.edu/gogreen/raingarden.php>)

Promoting Healthy Homes & Communities Through Rain Gardens

According to the Kentucky Division of Water, nonpoint source pollution is responsible for roughly two-thirds of the water quality impairments in



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Kentucky's streams and lakes, and is the main contributor to water pollution in the Commonwealth.

Nonpoint source pollution occurs as precipitation moves over and through the ground, picking up and carrying pollutants with it to local bodies of water. A rain garden is one of several practices that homeowners can use to reduce their property's negative impact on water quality and flooding. Rain gardens are manmade landscape features that include a shallow depression designed to capture and reduce polluted runoff.

In 2014, the Kentucky Environmental Education Council conducted a survey of Kentucky citizens addressing environmental knowledge, attitudes, and behaviors. When respondents were asked to name the most important environmental problem in Kentucky, 22% reported water pollution, quality, and protection as the primary environmental concern.

By installing a rain garden or rain barrel, individuals can decrease their environmental footprint, while also promoting healthy homes and communities.

The Carroll County Family and Consumer Sciences Agent presented four workshops on rain gardens and rain barrels to over fifty residents of Carroll, Boone, Grant, and Owen Counties.

As a result of the program, 42 participants increased their knowledge of nonpoint source pollution. Twenty participants stated they will install a rain garden at their home, and 32 reported they will learn more about and adopt other landscaping best management practices that protect and/or conserve water resources.

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