EXTENDING KNOWLEDGE

Changing Lives

IN CARTER COUNTY

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

Walking Track

The Center for Disease Control lists Kentucky as one of the least active states in the US. This inactivity contributes to health problems including: diabetes, heart disease, arthritis, etc. Carter County ranks as one of the highest counties in the state for diabetes related deaths. When community members were surveyed, lack of environments to be active is a strong contributor to inactivity.

The Cooperative Extension Service has been working for the last five years to address these concerns. A Wellness Coalition, physical activity promotion programs, meetings with local government, and grants have all contributed to positive change in Carter County. The Family and Consumer Sciences Agent worked to reorganize a county wide Recreational Alliance and serves as the President of the alliance.

As the results of these efforts, the City of Grayson now has its first walking track. The Family and Consumer Science Extension program began a walking club and challenge to promote the track and physical activity. The walking track now provides a safe environment for families of all ages to get moving in Carter County.

Quote

“I am a diabetic and a senior citizen and I know I need to be active, but I live in an apartment and haven’t had a safe place to exercise or walk. I can’t remember the last time I was this excited about something,” said a Carter County resident as she expressed her gratitude for the new track.

Priority Program Efforts

- A total of 883 people are now involved in addressing significant community issues
- 300 youth made an impact in their community through service projects
- 175 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 15 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 815 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 268 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
4-H LEGO Wizards

There is a shortage of people to fill technology related fields; so to help combat this problem 4-H is exposing students to science opportunities at an early age through programs like robotics. A FIRST LEGO League (FLL) Robotics 4-H club was started in the fall of 2013 in Carter County. A grant from Ashland Community & Technical College purchased most of the equipment needed for the newly form LEGO Wizards. The club participated in the regional FLL competition at ACTC, which consisted of three parts - robot game, project, and core values. The game required the club to build a robot from LEGOS and use computer programming to control the robot through a set of obstacles and tasks. For the project, group members met with WSAZ chief meteorologist Tony Cavalier and developed a plan for how robots could help out after a natural disaster. The core values component required club members to display teamwork, gracious professionalism, good sportsmanship, cooperation, and more throughout the competition. In their first competition, the team placed 3rd in the robot game contest. In addition to the engineering and programming skills the students learned, it was also evident through the contest scores that the team members had gain valuable life skills through the core values contest.

The club also participated in the 4-H robotics competition at the Kentucky State Fair in August 2014. The challenge consisted of four events where 4-H members used their engineering skills. The first two challenges required students to use computer programming to navigate their robot through a maze and to compete with another team’s robot to stay inside the match area. The “junk drawer” robotics activities allowed 4-H members to build a catapult that launched marshmallows and a car that carried a box of paper clips out of common household items like paint stirs, rubber bands, and dowel rods. On their route to winning the overall contest, the Carter County 4-H LEGO Wizards placed first in the clipmobile challenge and second in the marshmallow catapult challenge. Team members each earned $25 in 4-H Bucks that can be used for 4-H registration fees for winning the clipmobile challenge. The overall grand prize rewarded the LEGO Wizards with $300 to be used at their upcoming club functions.

The club has grown from the original four members to 9 members now. They are working diligently to prepare for this year’s regional competition in December.

Teen Council Member Uses Leadership Skills to Teach Nutrition Lesson at Elementary Schools

The Carter County Extension Council has expressed an interest in training new leaders to give back to their community. 4-H Teen Council members are encouraged to take on leadership roles and give back to their community. In 2013, Kristin, a senior 4-H member, chose to do a healthy lifestyle program for younger 4-H members. She taught her lesson, which included nutrition information and a physical activity, at three elementary schools. Verbal feedback showed that the students learned a new exercise and more about myPlate. However, the true impact of the program was realized when 4th & 5th grade students at Olive Hill Elementary School voluntarily retaught the lesson to the OHES Clover Bud club.

Quote

We continue to make the fun healthy snacks at home that my kids learned how to make at the 4-H day camps.

-- Tami, 4-H parent
Laugh and Learn Playdates

According to a recent study only 40% of Carter County preschoolers are ready for kindergarten. Falling behind during the early years of schooling can have major negative effects on children’s future success. Parents and community leaders have identified the need to have positive child development activities for age’s birth through five years in Carter County. In an effort to address these issues, Carter County Family and Consumer Sciences Extension started a program called Laugh and Learn Playdates, meeting once a month for a two hour session.

Over 30 preschoolers are active in the program plus the involvement of parents and/or grandparents. These sessions are facilitated by the Family and Consumer Sciences Agent. During each session, parents/caregivers and children have an interactive activity to reinforce positive child development in a variety of subjects and the children are allowed to interact with other participants to enhance social development. The program focuses on literacy and better nutrition through activities with a curriculum Literacy, Eating, and Activity for Preschoolers, science activities including water play and growing plants, art, music, and physical activity. Parents are also provided with literature to encourage them to reinforce the concepts at home.

The program is evaluated by observation, testimonial, and formal evaluation. All participants have been exposed to new foods with hands-on learning and tasting. Parents were surveyed after participating in the program for twelve months. One-Hundred percent reported that as a result of the program they:
• Have a greater understanding of their child’s development
• Play with their child
• Read more often to their child
• Use safety practices
• Understand how to promote their child’s physical and motor development
• Provide more opportunities for social interaction
• Incorporative more hands on activities at home

Parents also reported that they have gained support from other parents, incorporated more healthy snacks at home, and have seen a change in social skills and language development in their children.

East KY Annual Hay Contest

Over 12,500 acres of hay is harvested annually in Carter County, either to market or to feed to the 5,000 head of beef cows in the county. Hay quality and hay testing has been promoted and emphasized with farmers, particularly at the beef meeting held in Carter County in March 2014 and at the 2014 Farm and Home Field Day. Dr. Lehmkuhler showed results from the 2013 East KY Hay Contest to demonstrate how hay quality needs to be known in order that the nutritional needs could be met. A hay sample was taken from haylage produced on the 2014 Farm and Home Field Day host farm. Dr. Ditsch spoke about suing these results in balancing a ration for cows at the Farm and Home Field Day.

As a result, farmers are recognizing the value of hay quality as indicated by the results of the 2014 Annual East KY Hay Contest. Agent collected 21 hay samples from 10 Carter County farms. Of the 21 samples, 5 had a Relative Feed Value (RFV) from 107-147. All of these were of higher quality than mature, full bloom alfalfa. 4 samples scored over a 90 RFV and 4 more scored over an 80 RFV.
Carter County farmers won 6 of the 16 awards given, with two 1st place winners, two 2nd place winners, and two 3rd place winners. Carter County also won the travel trophy for the first time with John Buck having the highest Carter County score with a score of 167.84 for his alfalfa sample.

Beef Short Course

Beef production continues to be one of the leading sources of farm income in Carter County. The Carter & Elliott County Extension Service’s co-sponsored a 3 session Beef Short Course.

44 producers attended the first session at Herbie & Becky Suttles’ farm. Dr. Phil Prater, MSU DVM, conducted a hands on demonstration of some important aspects of heifer development and management of the beef female. Dr. Prater discussed the importance of pelvic size and demonstrated taking pelvic measurements. He discussed how this relates to age and size of heifers in the selection process. He also discussed the value and methods of pregnancy checking of cows. He demonstrated the use of ultrasound in pregnancy checking of cows and discussed its value in managing the herd.

61 producers attended the second session which was held at the Carter County Extension Education Building. Dr. Jeff Lehmkuhler, UK Beef Nutrition Extension Specialist, conducted a program on basic beef nutrition. He showed the test results of hay samples that were submitted at the E. Ky. Annual Hay Contest. He showed the range of the quality results, and then showed the nutritional needs of a cow in different stages of production. He made it so plain how some cows could eat all the hay they could eat and still starve to death that several producers commented that if anyone couldn’t understand what he said, then there was a problem somewhere. Dr. Lehmkuhler used the same principles in showing the variances in mineral quality and the mineral needs of a cow. He then showed how many minerals on the market did not meet the mineral needs of a cow.

35 producers attended the 3rd session. Dr. Michelle Arnold did a program on the many different possible causes, many of which can be prevented by a routine vaccination program. Jake Osborne, from Boeringer Ingleheim Vet Supply discussed various common diseases and possible vaccination programs to control them.