

# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN CHRISTIAN COUNTY

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



### 4-H YOUTH DEVELOPMENT

#### Meet Our Newest Agent

Kaitlyne Metsker joined the Christian County 4-H Agent Team in July. Before returning to Kentucky, Kaitlyne served in Williamson County, Texas where she served as the 4-H Youth Development Agent for a year and a half. Before beginning work in Texas, Kaitlyne attended Murray State University where she graduated in 2012 with her Bachelors of Science with a focus in Animal Science. She continued her education and received a Masters of Science majoring in Animal Science, in December of 2014. While in Texas, Kaitlyne gained experience in the livestock, horse, food & nutrition, photography, and many more project areas. Kaitlyne looks forward to working with the families and youth of Christian County 4-H. Please join us in welcoming Kaitlyne to our Extension staff.



### Priority Program Efforts

- A total of 642 people are now involved in addressing significant community issues
- 41 youth made an impact in their community through service projects
- 22 local residents implemented practices that promote sustainable agriculture
- 314 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 394 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 1,207 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 441 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 1,006 youth and adults demonstrated informed and effective decision-making skills
- 26 individuals incorporated new or additional conservation practices.

## 4-H YOUTH DEVELOPMENT

### 4-H Camp

This year's annual 4-H Camp was held June 15-18, 2015 at the West Kentucky 4-H Camp in Dawson Springs.



With the dissolution of our regular camp week, campers this year experienced a later camp date, with new adventures and new starts to many lifelong friendships. Campers had the opportunity to learn Spanish and dive deep into their Science, Engineering and Technology interests. Camp here in West KY continues to make the best better as we continue to offer a premier camp experience for youth in the area. We look forward to another great year at West KY 4-H Camp June 13-16, 2016. Camp host campers aged 9-15, teen counselors 16-17, and adults 18 and older. Please contact the Extension Office for camp registration and more information.

### Military



4-H on the Ft. Campbell installation has grown this year! New programs such as specialty classes in cake decorating, cross-stitch, quilting, robotics and leather making have taken off, and offer youth the opportunity to learn new life skills. 4-H has also taken on the responsibility of

equipping youth with the knowledge necessary for them to be safe at home alone, and start their own babysitting businesses. This past year we were able to serve 758 military-connected youth in 4-H military programming. Highlights of this year's military programming include the 62 homeschool youth who participated in physical education and

wonderful attendance at state and district level events such as Teen Conference, Aerospace Camp, Teen Summit and Issues Conference. Family Game Night was held during 4-H Health month to serve as a friendly reminder that healthy relationships start on a familial level, and serve 88 soldiers and their family members. The 4-H Military Partnership Grant continues to support all of our military 4-H programmatic efforts and we are excited to have it for another year to support our servicemen and women and their families.

### Christian County 4-H Ag & Livestock Club

The Christian County 4-H Agriculture and Livestock club has had a great year of accomplishments. The club participated in numerous contests and events including ham curing, livestock skillathon, dare to dairy, livestock judging, and numerous fairs and shows. This year a Country Ham

was auctioned at the annual Agri-Business breakfast where Mr. Wayne Hunt of H&R Agri-Power won the bid at



\$2,250.00. These funds will be used to support the Ag and Livestock club in future contest and shows.

### Christian County 4-H Sharp Shooters

The Christian County 4-H Sharp Shooters had an awesome year in practicing and promoting the safe use of firearms in the hands of well-trained youth. This year the Sharp Shooters hosted three local shoots at the Christian County Quail club to help fund registration for the State Shoot in September. Encouraged



by an increase in middle school aged participation the Sharp shooters fielded a very competitive set of teams. Following the leadership of our senior team,

the juniors were able to bring home some major awards from the State Competition. The Sharp Shooters were able to prove their accuracy and dedication with two top 5 finishes at State. Way to go Sharp Shooters.

## **FAMILY & CONSUMER SCIENCES**

### **Coping with Grief**

Everyone will experience the loss of a loved one at some point in their life. Grief can be a confusing and scary process. This spring the Christian County Agent for Family and Consumer Sciences taught “Coping with Grief” to 37 Homemaker leaders across the Pennyryle Area. These leaders were



taught the stages of grief, skills for effectively coping with grief and tips for helping family and friends as they go through the process of

grieving. The leaders were then able to take the information back to their Homemakers clubs and teach them. Of the leaders trained on coping with grief 97 percent said that they learned something about grief that they did not previously know and 84% said that they plan to use one or more of the coping skills taught in their everyday life. Many leaders shared that they plan to start writing in a journal, preparing for death and working to get in touch with their feelings rather than bottle them up. The leaders also remarked that they were glad to learn the stages of grief as well as tips on how to help their friends and family members struggling to cope with the death of a loved.

### **Veterans Get Healthy!**

Obesity has become a major issue with 30 percent of Christian County's population having a body mass index of 30 or greater. Since Fort Campbell is partially located in Christian County there is a large military and veteran population. Over the years obesity and inactivity has become a major concern for veterans. In order to address this concern; the Christian County Cooperative Extension Service, in collaboration with the Christian County Health Department, offered an eight week MOVE! program at the Pennyroyal Veterans Center. During

the program individuals were taught how to live a healthier lifestyle by increasing physical activity and making healthier food choices. Forty-five veterans participated in the eight week program. Each week participants weighed-in and their progress was tracked. Participants were given the option to have their waist measured before the first and last sessions. The veterans who actively participated in the program lost an average of 2.41 pounds and 1.69 inches off their waist. The participant with the greatest success lost 6.6 pounds for a body weight loss of 4.3 percent. Due to the high level of participation and positive feedback this program will be offered again next year.

## **EXPANDED FOOD & NUTRITION EDUCATION PROGRAM**



The Expanded Food and Nutrition Program (EFNEP) teaches small groups, limited resource

families, and youth groups how to improve their diets and health. Nutrition, food preparation, meal planning and food shopping skills (including reading labels and price comparison) are taught to participants. The EFNEP program assistant Norma Taylor has worked with 106 limited resource families (meeting monthly for 6-12 months) and 1,896 youth. These include families and youth at the Trilogy Center, Housing Authority, Sanctuary House, school classrooms and preschools. Demonstrations of healthy foods and food preparation are also done at the local Farmer's Market.

## **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM**



Emily Spain is the new Supplemental Nutrition Assistance Program Educator (SNAP-Ed) here in Christian County. She has been with this program for four months now and is enjoying her role in helping to educate limited

income families on the importance of nutrition. Since taking this position she has had the opportunity to work with the men housed at the Pennyroyal Veterans Center, Head Start parent groups, families from two of our Challenge House neighborhoods, a local daycare and also partnered with our local library. She is ready and eager to get involved with many more community organizations while also pursuing her mission to spread knowledge on the importance of a healthy lifestyle.

## AGRICULTURE & NATURAL RESOURCES

Crop production is vital to the ag economy in Christian County, and on a per acre basis, tobacco remains the most valuable crop in the county. Nearly 7,300 acres are grown by 98 farmers, representing burley, dark-air, and dark fired tobacco.

In an effort to aid these producers in becoming more efficient in their operations, extension programming has mounted efforts to support producers in the areas of disease control, variety selection, fertility management and evaluation of tillage requirements. Information has been delivered to producers by means of production meetings, seasonal newsletters, on-farm demonstration trials, on-site visits and development of a tobacco resource manuals. Christian County was also host to 3



separate GAP trainings for area tobacco producers. These meetings provided industry

mandated training for more than 800 producers from Kentucky and Tennessee.

As a result of these efforts, 41 producers have reported the use of an extension recommended variety, 24 have reported that they have either calibrated or replaced chemical spraying equipment and 19 have adopted strip tillage methods which reduce the number of passes across a field. Each producer who reported the adoption of a practice change feels that their new practices have either made them more efficient or allowed them to decrease their overall operating expense.

## HORTICULTURE

Flower production sales at the Fairview Produce Auction, servicing Christian and Todd counties, exceeded \$900,000 in 2014. However to remain profitable growers need training on best management practices of difficult insect and disease issues in the greenhouse. To meet this need members of the Fairview Educational Committee partnering with the Christian County Extension Office sponsored a flower production update training. Emphasis was placed on two specific pests: greenhouse thrips and Impatiens Downy Mildew. Thirty-two growers participated in the training. Participants were surveyed following the classes and 82% indicated they felt somewhat or quite a bit more able to manage Impatiens Downy Mildew and 100% felt somewhat or quite a bit more able to manage greenhouse thrips as a result of the training. In addition many growers indicated they would sanitize their greenhouse to control pests and that they felt better able to diagnose diseases after the training.

## KENTUCKY STATE UNIVERSITY



New to the Christian County Extension Office this year is Kentucky State University Small Farms Agent, Austin Wright. Austin's focus is assisting new growers and small-acreage growers by providing production, management and financial information.

COOPERATIVE  
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SERVICE



**The Christian County  
Cooperative  
Extension Service**

*Extending Knowledge,  
Changing Lives*

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