EXTENDING KNOWLEDGE

Changing Lives

IN CRITTENDEN COUNTY

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

Building leaders for the future is one goal of the American Private Enterprise Program (A.P.E.S.). This was the 10th year for Crittenden County Extension and the Chamber of Commerce in cooperation with the school system to host the two day program offered to the top 25 academic students in the junior class at the high school. 100% of the youth said they gained new knowledge about cooperatives, partnerships, and corporations. 100% said they learned more about local businesses through the eight local business tours. An additional benefit is networking with community business leaders. Students demonstrated what they had learned by working cooperatively on a board of directors in solving problems for board cases and taking quizzes following each presentation. One student said, “Board cases are very fun, they opened a door for me and taught me to be more open minded.” The five top scoring individuals at the local program attended the Kentucky Youth Seminar. At the seminar one youth was selected the 1st Place Junior Leader and received a $500 scholarship. The other four students received $1,300 in scholarships and over $250 in prize money and four were awarded trips to the national conference. Learning more about what is happening in Crittenden County was stressed to the students to encourage them to consider giving back to their community in the future.

Priority Program Efforts

A total of 257 youth and adults demonstrated informed and effective decision-making skills
A total of 171 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
113 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
A total of 28 people are now involved in addressing significant community issues
18 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs

American Private Enterprise System Participants 2013

Maegan Potter learned how to sew in 4-H. After winning 1st Place at the County Fair she won a blue ribbon at the Kentucky State Fair.
Crittenden County 4-Hers Put Forth Their Best Effort at 4-H Forestry Day

The Competition was held at the Murray State Arboretum. For the first half of the day, the 4-Hers learned how to use a compass, measure trees and identify trees. Initially they learned how to use a compass and how important it is that you know how to use one. Technology has put a damper on compass use and knowledge, but what if your technology fails, you need to have a back up. If you know how to use your compass, you can easily take a bearing. The students went to different locations in the arboretum where they had to determine how many degrees N,S, E, or West they were.

Next, the students worked with a state arborist in measuring trees. The students main objective was to determine how many salvageable board feet is in a tree. 4-Hers worked with a state arborist, (pictured above) and used a special stick called a Biltmore Stick. They took the diameter of the tree and the height of the tree to determine the volume of the tree. Once the volume of the tree is determined, they could determine how many 2x4, 1x2, 8x6, etc. they could get from that tree.

Lastly, the students learned how to identify trees by using leaf morphology, determining if the leaves where simple or compound. They then determined the arrangement with a few simple questions: Are the leaves arranged opposite from each other or alternate from each other? The students also learned how to identify the trees even if the trees were dormant. For example, a redbud tree is easily identified by its heart shaped leaves in summer, however during dormancy, they could examine the buds; if they are red, it most likely is a redbud, hence the name.

The 4-H kids all gained skills and knowledge that will be beneficial to them throughout their life. “Learn by doing”, the main goal of 4-H was accomplished with this event. Every participant from Crittenden County placed.

4-H Camp 1st Place Finishers

The 4-Hers hard work, sportsmanship, and determination led them to a first place finish in the relay games. The Girls cabin is pictured below with their trophy. After their first place finish, the kids didn’t stop there; they helped other teams finish the race, cheering them on. Not only did they learn the importance of teamwork, they gained the true understanding of sportsmanship. The campers stepped outside of their comfort zone made new friends, conquered fears, and gained more confidence.
Soil Pit Field Day: Digging for Answers

A field day was held by Crittenden, Lyon, and Livingston Cooperative Extension Services in partnership with a local grain crop farmer, Natural Resources and Conservation Services and the Young Farmers Program. Crittenden, Lyon, and Livingston county farmers learned about ways to implement practices that promote sustainable agriculture. Since crop yields are greatly influenced by soil types and tillage practices, there were four soil pits with three different types of soil. They were analyzed by Soil Scientists and through sustainable agricultural methods; farmers learned how to increase crop yields. Several topics were covered on how to increase yield through different approaches including no-till methods, increasing organic matter, and getting rid of limiting factors such as compaction.

Farmers also learned about other limiting factors such as fragipans. The three main topics were soils and row crop production, tillage and soil compaction/cover crops, organic matter and soil microbes. Fifty people attended including State Conservationist Karen Woodrich who demonstrated soil drainage in West KY. Approximately 75,000 acres of farm ground was represented. In the evaluation, 93% indicated that they had a better understanding of the impact of soil type on crop yields and 79% that they had a better understanding of tillage practices and fragipans.
EFNEP’s Helping Hands

The EFNEP assistant taught 43 limited resource families this past year (228 people in households) how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 65% of the graduated families made an improvement in the nutritional quality of their diet. 88% of families consumed a diet of higher quality because they planned meals and considered healthier choices, and used the “Nutrition Facts” label. 94% of families demonstrated improvements in food safety. 75% of families learned to plan meals ahead of time and use a grocery list to guide food selections. 42% increased physical activity and 33% improved hand washing. 152 youth were involved in fourteen groups with four or more sessions of instruction on nutrition and increased knowledge of the essentials of human nutrition.

Experience has demonstrated that the people who have attended EFNEP classes are more likely to plan meals ahead of time. 65% of the participants reported that they understand diabetes including signs, symptoms, and risk factors. 100% could state the benefits of managing their diabetes and explain three practices that help manage diabetes. In partnership with the District Health Department and other health professionals in the county. Each month an educational lesson patterned after “Taking Control of your Diabetes” is presented along with time for sharing. At the end of the 12 months 100% of the participants reported that they understand diabetes including signs, symptoms, and risk factors. 100% could state the benefits of managing their diabetes and explain three practices that help manage diabetes. In partnership with the District Health Department four two-hour classes were offered on the ABC’s of Diabetes reaching 19 individuals. Class members have continually expressed how beneficial the classes have been for them and have been their main source of diabetes education.

Jill Croft, APRN a local health care professional sharing information to the Diabetes Support Group which meets monthly at the Extension Office.

Diabetes Affects All Ages

Diabetes is a disease that affects 10% of the people in Crittenden County compared to 8% in the state. A diabetes support group has met monthly at the Extension Office in partnership with the District Health Department and other health professionals in the county. Each month an educational lesson patterned after “Taking Control of your Diabetes” is presented along with time for sharing. At the end of the 12 months 100% of the participants reported that they understand diabetes including signs, symptoms, and risk factors. 100% could state the benefits of managing their diabetes and explain three practices that help manage diabetes. In partnership with the District Health Department four two-hour classes were offered on the ABC’s of Diabetes reaching 19 individuals. Class members have continually expressed how beneficial the classes have been for them and have been their main source of diabetes education.

Extension Homemakers in Crittenden County celebrated their 65th anniversary. Extension Homemakers is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service and education.