



EXTENDING KNOWLEDGE

Changing Lives

IN ELLIOTT COUNTY

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



Your Elliott County Extension Service Staff from front Rhonda Reynolds—NEP Assistant, Sarah Gilliam – NEP Assistant. Gwenda Johnson – CEA FCS, Mary Skaggs—Staff Assistant, and Keith Center – CEA AG

CDC GRANT

Because more than 40% of Elliott County's population is overweight or obese, we were included in a CDC grant to fight obesity. The proposal writing was led by Dr. Ann Vail and a team of specialists from Extension and the School of Human Environmental Sciences. Five counties in addition to Elliott were included in the proposal.

Year two was just completed. It emphasized programming and the built environment. As a result of the grant we received a twenty station fit trail that was placed around the youth soccer field behind Sarah's Place Child Care facility. The trail is free and available whenever anyone wants to work out. Each station has a sign explaining in words and pictures what to do at that station.

The fit trail is a direct result of community meetings held during year one of the grant. The community identified what we need, those needs were relayed to UK and we were given the option of purchasing the fitness trail.

A 21 station outdoor gym is being ordered for Isonville Elementary and another gym will be ordered for Sandy Hook elementary come spring.

Once the gyms are placed at the schools, the general public is welcome to use them after school hours.

Priority Program Efforts

- A total of 42 people are now involved in addressing significant community issues
- 32 youth made an impact in their community through service projects
- 93 local residents implemented practices that promote sustainable agriculture
- 155 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 196 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 342 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 228 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- 93 individuals incorporated new or additional conservation practices.

4-H LIVESTOCK SHOW AND SALE

4-H livestock is a fun family oriented activity that engages exhibitors to enhance life skills such as



public speaking, self-confidence, time management and responsibility. The 4-H Livestock program just completed its 11th year with 34 exhibitors. The program has had exhibitors show at other county fairs across the

commonwealth and the Kentucky State Fair. The future of the program is very bright with expectations that it will grow over the next year. In addition to the program's success three additional volunteers are going to Lake Cumberland State Resort Park on November 19th to become Certified Volunteer Livestock Leaders. 2016 was a two day show that took place on October 31st and September 1st at the Elliott County Livestock Building. This year exhibitors showed a rabbit or chicken meat pen on the first day, followed by cattle, sheep, goats and hogs on the second day. Exhibitors have the option to sale their projects at the end of the show. 2016 auction receipts totaled \$19,900.00 with all proceeds going to the exhibitor to support his or her hard work.

PLATE IT UP KENTUCKY PROUD



Your Elliott County FCS team, Rhnoda Reynolds, EFNEP assistant, Sarah Gilliam, NEP assistant, and Gwenda Johnson, FCS Agent did four demonstrations at the 2016 Elliott County Farmers' Market. The recipes were from the Plate It Up Kentucky Proud collection. They emphasized using locally grown products to prepare nutritious and good foods

for your family.

In addition to the Farmers' Market, we also did two demonstrations/tastings at Gilliam's IGA using recipes from the same collection.

The 2016 annual cooking school used 13 recipes from the Plate It Up Kentucky Proud collection. 23 participants learned how to clean, prepare and cook fresh vegetables in dishes they had never before tried. Over all approximately 200 people were introduced to the recipes and approximately half of them reported they liked the food and would probably try it at home. Several people purchased the vegetables at the Farmers Market so they could prepare the recipes at home.

FIELD DAY

A farm field day was hosted by the Elliott County Agriculture Council at the Elliott County Cooperative Extension Office on September 24, 2016. Topics for the field day included: milking dairy goats, making soap from goat's milk, making lotion from goat's milk, making cheese using goat's milk, making fudge using goat's milk, and estrus synchronization and artificial insemination in beef cattle.

Concluding the field day was the Beef Quality Assurance (BQA) Certification training video and exam where 11 producers attended the training. Seventy-three participants learned about the four phases of the estrus cycle, hormone and hormone regulations, artificial insemination equipment and supplies, timed AI and different synchronization protocols, and how to administer shots and put in CIDR's. Producers also received a hands on demonstration of MSU student Chelsea Mayse milking goats, making soaps, lotion, cheese and fudge from her goat's milk.

Before the discussions producers were asked how many ran goats with their cattle herds to increase forages and forage quality and how many utilized AI in their cattle operations. To my surprise only six producers either utilized AI technology into their beef cattle herds or ran goats with their cattle herds. After the discussion eight producers have either called me or had me come to their farm to discuss AI or running goats with their beef herds. The future looks bright for utilizing AI technology and more beef producers signing up on the Integrated Reproductive Management (IRM) program and incorporating goats into their beef cattle herds in Elliott County.

AG IN THE CLASSROOM

During the 2009-2010 academic calendar year Vocational Agriculture Education was removed from the Elliott County School system. During the 2015-2016 school year one vocational agriculture course was offered to Elliott County student's grades 9-10. Currently for the 2016-2017 school year there are now four vocational agriculture course being offered to students 9-12 grade.

Elliott County is a rural county that has at least a 30 minute drive to a city with a large supermarket. With that being said there are 448 farms in Elliott County raising a commodity according to the 2007 Agriculture Statistics and according to the 2012 Census of Agriculture there is 56,336 acres of farm land in Elliott County involved in some type of



agriculture practice. The County Extension Council, Ag Council, Farmers' Market, Soil Conservation Board and 4-H Council felt that Agriculture in the school system is extremely important.

The Elliott County Cooperative Extension Agent for ANR (Keith Center) partnered with the Elliott County High School Vocational Agriculture teachers (Tim Adkins) and (Brian Brammel), as well as, the Elliott County Agriculture Council to develop a community garden for the Elliott County High School FFA Chapter.

During the 2015-2016 academic calendar year the FFA program consisted of 38 youth, the program during the 2016-2017 academic calendar year has now grown to include 97 youth over a one year time span! On April 8th, 2016 38 students

participated in developing the garden. The garden at that time consisted of two raised beds where students planted 120 candy onion sets in one bed and eight tomato plants in the other bed. Students used tillers, rakes and hoes to prepare the beds for planting. After approval from the Fiscal Court volunteers from the Agriculture Council plowed and disk the garden for students to gain hands on experience in gardening and raising produce to be sold through the Elliott County Farmers Market this summer. The Elliott County Farmers Market opened on June 3rd, 2016 and runs until the end of October. This year 11 Elliott County Farmers sold locally grown produce through the Elliott County Farmers Market. One of the 11 Farmers happened to be the Elliott County FFA Chapter.

Students gained knowledge in planting different varieties of tomatoes, peppers, onions and lettuce. Students transplanted the pepper and onion plants that they had grown in the Elliott County High School greenhouse. Throughout the program students gained knowledge in financial management, soil data and analysis, marketing and record keeping and plant pathology. The FFA garden grossed over \$150.00 with all proceeds going to the FFA Chapter.

Due to the success of the garden ANR agent (Keith Center), the Elliott County Agriculture Council and Vocational Agriculture teachers (Tim Adkins) and (Brian Brammel) felt that the money should be put back into the community garden project. Therefore, lumber and supplies was purchased in order to construct two more raised beds for educational opportunities. Thirteen students enrolled in Tim Adkins wood shop class gained experience in shop safety, how to use drills, saws, levels and squares, and constructed two more raised beds at the Elliott County Cooperative Extension Office on September 28th, 2016. I look forward to watching the youth gain knowledge over the next couple of months with their community garden as well as with the greenhouse and hydroponic greenhouses that are located behind the Elliott County High School and are up and running!!

"Quote/testimonial"

*The Elliott County Cooperative Extension Service does more for this county than any other service agency that I know about –
Tami Booher – Appalachian Painter*

MOMMY AND ME

The restaurants in Elliott County are fast food so it's easy for parents to grab supper on the way home. Elliott County Cooperative Extension Service offered a "Mommy & Me" six week cooking school. Ten mommies and fifteen

children enrolled in the program. Through the Healthy Choices for Every Body curriculum, participants learned how to prepare healthy meals while spending quality time with their children teaching positive eating habits.



Participants were surveyed before the first class which showed that 100% had fast food once a day while 50% ate fast food twice a day. At the conclusion of the program 90% of participants was preparing at least two home cooked meals a day. 75% of the participant's children are helping prepare meals at home.

ELLIOTT COUNTY FARMERS' MARKET KIDS' BUCKS PROGRAM

The Elliott County Profile shows that youth in Elliott County do not consume enough fruits and vegetables. The Partnership for a Healthier Elliott



County along with the Elliott County Extension Family and Consumer Sciences program decided to try to improve this by offering elementary age students Kids Bucks to spend exclusively at the local Farmers' Market. NEP assistants offered

nutrition lessons for youth at the Farmers' market. Every child who participated, along with an adult, in the lessons received \$5.00 to spend at the market. Youth were taught a nutrition lesson and then asked questions to evaluate what they learned.

One small child always wanted corn and was disappointed if none was available. Others purchased zucchini, cucumbers and eggplant.

Ninety-four sets of Kids Bucks were given out during the 2016 market season for a total of \$470.00 of income for the farmers. Youth were introduced to the world of consumerism, decision making, management, and nutrition. This effort insured youth of our county increased their consumption of fresh fruits and vegetables.



Volunteers install the Fit Trail purchased through the CDC grant to fight obesity

Sincerely,

Gwenda Johnson
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Keith Center
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Changing lives*

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