

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

Priority Program Efforts

- A total of 12 people are now involved in addressing significant community issues
- 15 youth made an impact in their community through service projects
- 5 local residents implemented practices that promote sustainable agriculture
- 7 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 7 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 15 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 22 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 118 youth and adults demonstrated informed and effective decision-making skills
- 12 individuals incorporated new or additional conservation practices.

4-H Livestock show and sale by Keith Center

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 Elliott county 4-H Livestock program just completed its 10th year with 31 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. 2015 was a two day show that took place on September 2nd and 3rd at the Elliott County Livestock Building. This year exhibitors showed a rabbit, chicken, or goat on the first day, followed by cattle, hogs and sheep on the second day. Exhibitors have the option to sale their project at the end of the show. 2015 auction receipts totaled \$20,975.00. All proceeds going to the exhibitor to support his or her hard work.

Field Day

On October 15, 2015 Ag Agent Keith Center, hosted a Field Day that was open to the public at the Elliott County Cooperative Extension Office. The Field Day addressed Estrus Synchronization and Artificial Insemination (AI) in cattle. Thirty three farmers from the community participated in the educational event. 4-H council member, Donnie Rose, brought two registered Angus heifers to the Field Day for demonstration purposes.

Topics for the day included:

- 4 phases of the estrus cycle
- Synchronization protocols
- Artificial Insemination equipment
- Cost of AI vs Bull

After the class discussion participants were taken to the Elliott County Livestock Pavilion to experience a hands on demonstration of the process of synchronizing two Angus heifers. Producers learned about hormones and hormone regulation, injections and injection sites, and how to properly put in CIDRs. Producers also received an opportunity to take the Beef Quality Assurance (BQA) exam following the conclusion of the Field Day. Seven producers opted to complete the course that day and receive their BQA certification. Currently two farmers in the county are participating in the Integrated Reproductive Management Program (IRM) with the goal of bringing together groups of beef producers with like goals and objectives to create cooperation and efficiencies in all areas of the Kentucky Beef Industry.

Kids Bucks –Gwenda Johnson

Kids' Bucks is a new program for Elliott County. The goal is to increase consumption of fresh fruits and



vegetables in children. A second goal is to encourage people to shop our local farmers' market. Any child, Kindergarten through 6th grade, who attended a short nutrition program received \$5.00 in

Kids' Bucks to spend at the Elliott County Farmer's Market. \$525.00 were given to youth and spent at the market. The money was received through a CDC grant.

Plate it Up -- Kentucky Proud

Eight Plate It Up recipes were demonstrated at this year's Elliott County Farmers' Market. Demonstrations by NEP assistants Rhonda Reynolds and Sarah Gilliam complimented produce available at the market. Nutritious recipes, with ingredients purchased from local farmers, were available for free tasting. Approximately 250 people attended the demonstrations and received the recipes. A visual evaluation showed many of those people purchased the produce to prepare the recipes at home. The project

Tammy Fannin completed Taking Ownership of Your Diabetes. "The day after I completed your classes, I contacted my doctor to schedule an appointment with a nutritionist just like you suggested. She helped me with a meal plan and taught me more about counting carbs and reading food labels. I've joined a gym. I've lost ten pounds. Because of you, I know I can get it under control and not have to use medicine"

was supported by a CDC grant to fight obesity.

Annual Cooking School

The Elliott County Extension Services sends a huge thank you to Juanita Celedonia for teaching the 2015 Cooking school featuring healthy Mexican foods. As always the cooking school was full with a waiting list. Juanita not only taught about food from her country, she also emphasized culture, environment, and lifestyle.

Other Programs

4-H shooting sports
Fun in the Golden Years
Taking ownership of your Diabetes – two times
CDC grant to fight obesity
Master Cattleman
4-H camp
Farmers' Market
Elliott County Fair and Exposition

2015 New Employees

Sarah Gilliam began her career as Nutrition Education Assistant on April 6th. Sarah says "I like the aspect of working with all ages. At first I was terrified of working with my age group but have learned I like it as well. I like making a difference in peoples' lives." Keith Center came as County Extension Agent for Agriculture in August. A lifelong resident of Elliott County, Keith comes to the Cooperative Extension Service with a strong background in livestock. Good Luck Keith and Sarah.

COOPERATIVE
EXTENSION
SERVICE



College of Agriculture,
Food and Environment

For more information,
contact us at:
**Elliott County
Cooperative Extension
Service**
P.O. Box 709
Sandy Hook, KY 41171
(606) 738-6400
Fax: (606) 738-9700
www.ca.uky.edu

Sincerely,

Gwenda Johnson, FCS

Keith Center, Agriculture