

EXTENDING KNOWLEDGE *Changing Lives*

IN HANCOCK COUNTY

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



Hancock County Cooperative Extension: At Your Service

The Cooperative Extension Service is the most comprehensive outreach and engagement program at the University of Kentucky. Our mission, simply stated, is to make a difference in the lives of Kentucky citizens through research-based education. Jointly with our other land-grant partner, Kentucky State University, we take the University to the people in their local communities. Your local Extension Office is in the County Development Complex. We provide programming in Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community and Economic Development.

Priority Program Efforts

- 18 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 27 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- A total of 250 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 235 youth and adults demonstrated informed and effective decision-making skills
- 6 individuals incorporated new or additional conservation practices.

Safety Day Focuses on our Youth

Hancock County Cooperative Extension Service received a grant from the Progressive Agriculture Foundation to conduct a local safety day.

The Safety Day was a collaborative effort between 4-H, local EMS, fire departments, electric cooperatives, law enforcement, KY Cancer Program, local farmers, Indiana Natural Resources Service, implement companies, Corps of Engineers, and FFA. Topics included ATV safety, water safety, fire safety, electrical safety, sun safety, meth lab awareness, agriability, grain bin safety, and lawn mower safety.



In a written evaluation of 204 students, all increased their knowledge of safety. More specifically:

- 91% learned it is law for them to wear a life jacket in a boat under the age of 16
- 96% learned the hazards of grain bins and will not climb into one
- 93% learned only 1 person should ride on a mower
- 92% learned it is not safe to be an extra rider on tractors/farm equipment
- 95% learned and can recognize a suspected meth lab and will not touch it

This safety day allowed all the county's 4th grade students to learn about safety, be aware of their surroundings, and also that their community came together for the day because their community values them.

"My favorite part of the day was everything!!"
- 4th Grade Student

100 Mile Club Logs over 5,000 Miles!

There are countless physical activities out there, but walking has the lowest dropout rate of them all! It's the simplest positive change you can make to effectively improve your heart health. Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes (Source: American Heart Association)

According to a Green River Area Development statistics, Hancock County ranks 21 out of 120 counties as being consider a healthy county. It also shows the percentage of adults who engage in regular physical activity is low. These concerns were the driving force behind the Hancock County Cooperative Extension 4-H Youth Development Agent collaborating with the Hancock County Health Coalition in starting a new group, the 100 Mile Club. The goal was to walk/run/bike 100 miles between Memorial Day and Labor Day.

One hundred forty county residents visited a registration site and pledged to walk. At the conclusion of the 100 days, participants had walked/ran/biked a total of 5,337.65 miles. One hundred eleven pounds had been lost and one gave her testimony of her participation helping with her diabetes so much that she was no longer taking insulin shots and just had to take a daily pill.



Master Clothing Volunteer



Joan Newman, Hancock County Homemaker, completed the University of Kentucky's Master Volunteer In Clothing requirements in 2004.

The "Master Volunteer Concept" is an outgrowth of the Cooperative Extension Service's tradition of utilizing volunteers. The "master" idea expands on the traditional volunteer role. Interested, dedicated individuals with some prior experience and knowledge in a specific area are selected and provided with intense, in-depth training. Upon the completion of the training there is a commitment by the volunteer to spend a specified amount of time sharing their enhanced expertise with others.

The program is designed to reach both youth and adult clientele (4-H/Youth, Homemaker Clubs, and other community groups). Each volunteer receives in-depth training in subject matter, record keeping, teaching, and people-oriented skills.

Each year Joan makes a written commitment to give back a specific amount of time, in the area trained, to Extension and the community. This past year Joan gave 414.5 hours to the citizens of Hancock County.



Gardening Lunch and Learn Series

To try to fit the needs of the working community in Hancock County, the Hancock County Cooperative Extensions Services developed a Gardening Lunch and Learn Series.

The goal was to reach a group of clientele that were interested in gardening, but may have trouble attending evening programs due to life circumstances. The topics included were raising strawberries, growing herbs, and raising asparagus. Information for each topic included site selection, anatomy, harvesting, storing, and cooking. Each week, the lunch featured a corresponding recipe in the Plate It Up Kentucky Proud recipe collection.

Throughout the program, the Cooperative Extension Service educated thirteen first-time attendees. One hundred percent of the attendees felt that they learned valuable information from attending the programs, and felt more comfortable growing and using strawberries, asparagus, and herbs in their home gardens.

Applied Forage and Nutrition Education in Beef Cattle

Beef production continues to be opportunistic in the Green River Area. With the rising cost of market prices, and input costs, emphasis has been placed on alternative grazing methods and balancing nutritional needs in cattle correctly. Producers want to continue to profit and be sustainable in their approach. To help the need of this audience, the Green River Area Agriculture and Natural Resources agents hosted three sessions from the Applied Master Cattleman Program.

The first two sessions focused on using plant growth and development to manage pasture and hay production. During the second session, participants toured a farm that was utilizing alternative grazing strategies such as corn grazing, and crab grass summer annuals. The last session focused more on advanced beef nutrition and how to read hay samples and understand what nutrients are need to get the most our of the producing animal.

United Way

Hancock County is a United Way of the Ohio Valley partner agency. The support of the United Way donors who designate the donations to 4-H allow us to provide programming, projects, day camps, and clubs free of charge to all Hancock County Youth.



Did You Know?

- We offer soil sampling for \$7.00
- We offer farm record books for \$5.00
- We offer tools & Equipment to borrow:
 - ◆ Soil probe
 - ◆ Hay sampling probe
 - ◆ Moisture/temperature probe
 - ◆ Soil compaction meter
 - ◆ Measuring wheel
- We can help identify insects, spiders and other household pests (free)
- We can help identify problems with your plants and trees through the UK Diagnostic Lab Testing Service (free)
- We can certify for Private Applicator License, BQA, and Good Agriculture Practices in Vegetables and Tobacco.
- We can offer certification for Farmers' Market scales



Hancock County Cooperative Extension Staff

Lisa Hagman, 4-H Youth Development
Evan Tate, Agricultural and Natural Resources
Amy Buck, Staff Assistant

Extension Advisory Leadership

Hancock County Extension District Board

Chairman: Tim Cecil
Vice-Chairman: Danny Richardson
Secretary: Tina Baize
Treasurer: Julie Newton

Hancock County Extension Council

President: Stephanie Lamar
Vice-President: Tim Cecil
Secretary: Danny Richardson

Hancock County 4-H Council

President: Tina Baize
Vice-President: Annie Blan
Secretary: Connie Wheatley
Treasurer: Kara Morton

Hancock County Homemaker Council

President: Joan Newman
Vice-President: Shirley Powers
Secretary: Karon Jackson
Treasurer: Maggie Craig

Agricultural Advancement Council

President: Joe Hagman
Vice-President: Shelby Emmick
Secretary: David Winchell
Treasurer: LP Ray, Jr.

COOPERATIVE
EXTENSION
SERVICE



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Cooperative
Extension Service**

*Extending Knowledge,
Changing Lives*

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