

# EXTENDING KNOWLEDGE

## *Changing Lives*



### IN HENDERSON COUNTY

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



Henderson County Extension Office at 3341 Zion Road.



Extension Education & Expo Center, behind our main office.

### Henderson County: Delivering information, education and solutions.

The Henderson County Cooperative Extension Service continues to grow ideas into better communities, stronger economies, and healthier lives from the researched based information from our land grant universities, the University of Kentucky and Kentucky State University. The Cooperative Extension Service is doing this is through a variety of programs across the county. We are providing programs through horticulture, agriculture, family and consumer science and 4-H youth development. Extension has conducted cooking demonstrations, fundraisers by 4-H groups, and other special events. Cooperative Extension is helping many residents in Henderson County. We hope to see you soon. Contact us and see what we can do for you!

### Priority Program Efforts

- A total of 12 people are now involved in addressing significant community issues
- 29 youth made an impact in their community through service projects
- local residents implemented practices that promote sustainable agriculture
- Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 24 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 126 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 72 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 139 youth and adults demonstrated informed and effective decision-making skills
- 29 individuals incorporated new or additional conservation practices.

## Agriculture

### Herbicide Resistance and Symptomology Field Day

One of the hottest issues in agriculture right now is herbicide resistance in row crops. Many producers are having to combat weeds that have become tolerant to several herbicides. According to the International Survey of Herbicide Resistant Weeds, there are currently 9 weeds in Kentucky that are resistant to various herbicides. As more herbicides are used, injuries from herbicide carryover, drift, or contamination of some sort are also becoming an important issue. The Herbicide Resistance and Symptomology Field Day was to help Henderson



Herbicide Resistance & Symptomology Field Day

County farmers become more familiar with the rising issues of herbicide resistance, and to learn how to identify various herbicides by their symptomology on various crops.

The role Extension played in this program

was to educate the producers on just how important it is to get weed resistance issues under control.

Educational methods used for this program included Dr. Jim Martin, Weed Scientist, coming to talk about some pertinent resistance issues and having a show and tell with several live weed specimen that are causing farmers major issues. After Dr. Martin's discussion, I did a presentation on herbicide symptomology, or what producers should expect to see in the field if a certain herbicide injures a plant. Following the PowerPoint presentation, we went outside for a quiz and walk through of a plot that Dr. Martin and I put together on the Extension grounds several weeks ahead of time. The plot included 9 different crops and 18 different herbicides. The producers were given a small quiz, just for fun, and then Dr. Martin and I did a walk through explaining in detail what producers should look for in their fields.

34 people attended this program targeting producers involved with row crop production, an interest in controlling weeds that are exhibiting herbicide resistance, and want to learn more about identifying herbicide symptomology in their fields.

Information was gathered from the producers in attendance by sending out an online survey the day after the Field Day to assess their knowledge prior to the program, knowledge gained from the program, and whether or not they would implement any of the knowledge gained into their daily farm operations. Survey results show that overall most producers in attendance improved their knowledge in herbicide resistance issues and herbicide symptomology. Several producers expressed that they would be implementing some new changes in their herbicide program for the upcoming season to help combat herbicide resistant weeds. An agribusiness person commented that "It will be helpful when working with my producers." One producer stated, "The most specific part of it that I enjoyed was the differencing in the cupping that 2,4-D would cause versus a cupping effect we would see from Status! Not only was this interesting and something that I remember and am sure that I will use but you went about telling me something I didn't know in a way that not only was friendly but also showed your expertise!"

A few producers have since gotten back with me and expressed that they have already implemented some of the information they learned from the Field Day. One Agriculture Extension Agent that was in attendance said, "I have found myself pulling out pictures of the test plots and comparing them to fields in my county that had been sprayed." A grain producer in Henderson County stated, "I learned several new things as I had Palmer and spiny pigweed already in my field. I have already used some of the techniques to control it." Overall, this field day and hands-on demonstration went over great with producers in my county and they have expressed interest in doing more things in this format.

## 4-H Youth Development

### Racing to the Triple Crown

In the Commonwealth of Kentucky, the horse industry represents a major part of the state economy, mustering a \$3 billion dollar impact to the economy. In the ever growing equine industry, it is important that the communities across the state focus on the future generations that will be developing this massive industry.

In the 2014-2015 year 18 youth participated in the Henderson County 4-H Horse Program. Reaching a combined total of 226 study hours related to horses, the youth covered everything from equine diseases, proper riding techniques, therapy, dentistry and equine nutrition. The hard work of the youth has paid off with the below results from the State Horse



Left to Right: Salle Stovall, Sydney Simpson, Lauren Fambrough, Savannah French, Meredith Denton, Abigail Whitman, Delaney Plummer, Hannah Thacker, Ashley Skaggs

Contests:  
 Horse Judging: Junior Overall 1st Place team, Junior Performance Team-1st place, Junior Halter Team-1st place. In Junior Hippology: Team Judging-1st place, Team Written—1st

place, Team Stations-1st place, Team Overall-1st place. In Junior Horse Bowl, Henderson had the 2nd place team.

#### 4-H Speeches/Demonstration—Public Speaking Skills

Many youth struggle with public speaking. Youth have said that they get nervous speaking in front of even small groups of people let alone a large audience. Before the Henderson County Speech Competition I held a speech information night where I taught them the process of how to write a speech, parts of a speech, how to write effectively for each part, how to choose a topic, and characteristics of a good speaker. The information night was very interactive and the youth learned a lot but they were still shy about getting up in front of people. During the information night they drew a topic and had to give a thirty to sixty second speech. A few weeks later the county speech competition was held. I could tell they had learned a lot from the speech information night and did well in the contest as well as having gained confidence in their public speaking. In the post survey more of them agreed that they could express themselves through public speaking and none of them disagreed like they had during the pretest. Also, during the pretest some of the youth said that they

did not feel comfortable sharing their thoughts with others. Afterwards, none of the youth expressed that they disagreed with this statement. Most of the youth strongly agreed after giving their speech that they have gained confidence each time they gave a speech and none of them disagreed like they did in the pretest. More of them strongly agreed after giving a speech that it has improved their language arts/English class grade! The youth also agreed they used the communication skills gained to become a leader in 4-H, at school, or other organization; gained confidence to speak in front of groups; and used information they learned in 4-H to make decisions. Most of them said they were going to come back and give a speech next year at the Henderson County 4-H Speech Competition. Furthermore, I have been working with the winners of the county contest and have been able to see them grow and gain confidence in themselves when it comes to public speaking. They have grown in their writing ability and are better able to help each other in writing speeches. They have been able to add their personality to their speech and better it as a writer and speaker. I have seen them become less fidgety and more calm and confident as a speaker. All said they have grown and benefited from the Henderson County Speech Program and will be able to take what they learned with them as a leader in the community.



Speech Winners—Salle Stovall, Sydney Simpson

## Horticulture

### Urban Children Learning about Agriculture

More than ever before, families rely on grocery stores for their produce. As a result, many children do not understand where their food comes from; in particular, where their fruits and vegetables come from. In many cases, urban children have never tasted fresh fruits or vegetables.

Working with the Henderson County Elementary Schools and the local Housing Authority, the Henderson County Extension Office put together a multi-faceted program to teach urban children about the importance of local agriculture focusing on local vegetable production.

Key components of the program included identifying locally grown fruits and vegetables, parts of the plant that we utilize, why fruits and vegetables are an important part of our diet, and why local agriculture in general, is important to our local food systems.



Planting seeds

Each participant planted seeds to be transplanted in a community garden or school garden.

The long term impact became clear several months after with several conversations regarding the plants and their care. Questions regarding harvest times, and how much to water, point out that children are interested in where food comes from and how it is grown. Perhaps even more important, they are interested in eating what they grow. When the question was asked at the end of each program, all participants stated that they were interested in growing at least one food producing plant.

## Family & Consumer Sciences

### Senior Expo

Redbanks is a set of senior apartment facilities in Henderson County providing quality care services and housing for seniors. The Family and Consumer Sciences Agent partnered with the director and activities coordinator of Redbanks to create a senior expo event open to the entire community. This event wrapped up the week of Henderson County's "Senior Games". The senior expo offered informational booths from local businesses and clubs. Breakout sessions focused on topics including MD2U, physical activity events, pharmacy needs and diabetes. A local pharmacy also provided free flu shots.



Senior Expo

An evaluation was conducted at the end of the program. 96% agreed the event provided new information. The most interesting topics discussed were diabetes and pharmacy needs. The Senior Expo was marketed through newspaper, radio, Facebook and flyers. The event is being planned for next year.

## Standing Up to Falling

The Family and Consumer Sciences Agent recorded five radio segments on falling. "Stand Up to Falling" is a program introducing the seriousness and consequences of falling, especially for adults age 65 and older. Each radio spot focused on fall prevention by protecting yourself from unsafe home environments, lack of exercise, vision and medication usage. The target audience is residents in Henderson County and surrounding counties. The radio spots are geared towards adults 65 years of age and older but anyone can fall, so any age can benefit from these radio spots.

The Extension Service bought a local media advertising package through the radio station to be played during aired sports events including local sports, University of Kentucky games, Cardinal games and Tennessean Titans games. The spots are also aired three to four times a day. Each time it is aired they reached over 13,000 individuals, reaching a total of 52,000 individuals each day.

The Family and Consumer Sciences Agent has had over 50 individuals say that they hear it and listen. One said that they re-evaluated their home for items that might cause a fall. Participation is increasing in Family and Consumer Sciences programming and many are saying that they are listening to the Family and Consumer Sciences Agent on the radio.

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**The Henderson County  
Cooperative  
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*Extending Knowledge,  
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