

# EXTENDING KNOWLEDGE

# *Changing Lives*

## IN JESSAMINE COUNTY

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



## 4-H Youth Development

Cathy Weaver

### Overview

Over 1600 young people are learning citizenship, leadership and life skills here in Jessamine County! 4-H offers opportunity to youth from ages 9-18 to experience and participate in various activities, projects, clubs, camps, and events. 4-H in Jessamine County give youth experience in everything from cooking to computers, woodworking to leadership, and agriculture to science and technology. 4-H teaches youth development through using ones head, heart, hands, and health to become a better person and a better citizen for the future of Jessamine County.



Raising the flag at 4-H camp

## Country Ham Project

The Kentucky 4-H Country Ham project has had a steady increase in participation state wide since its inception in the early 2000's. The Jessamine County 4-H program has offered this project to participants for 8 years, and has seen participation go up and down. In 2014 the Jessamine County 4-H program partnered with the Jessamine County Ag program to secure funds to build our own ham barn in hopes of increasing participation in this program and educating both youth and adults in the art of curing a country ham. \$4,000 in grant money was secured through the Ag Development Board here in the county and at the state level as well as through the Ky 4-H Foundation Ag Mini Grant program. The 4-H council and the Investment in Youth livestock sale agreed to front matching funds for said grant money. The Extension Office built a new ham barn, fit it with the proper railings etc, needed for the project and had electric run to the building, creating an up to date facility to cure hams in.



The Ruda's preparing their country hams.

## Priority Program

1600 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs

4,500 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

A total of 125 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

A total of 3,200 youth and adults demonstrated informed and effective decision-making skills

350 Individuals incorporated new or additional conservation practices.

85 Local Residents implemented practices that promote sustainable agriculture.

# Agriculture and Natural Resources

## Robert Amburgey

The Jessamine County Agriculture program provides educational programs through a variety of methods. Newsletters, social media, direct mailings, workshops, community events, trainings and personal visits are just some of the ways extension works to meet the needs of individuals in our community.



Equine Field day



Community Garden



JC Beef Cattle Association cook-out

Educational programming is provided both through local programming and through multi county workshops and meetings, many of which provide participants with access to some of the most knowledgeable people on the topic at hand.

We provide educational materials and classes on a wide variety of topics ranging from home gardening to marketing of agricultural products. We provide services in bug and weed identification and control, plant disease identification and control, agronomic recommendations, soil testing, livestock management and more.

The University of Kentucky Cooperative Extension Service provides our clientele up to date, unbiased, research based information in an informal setting to meet the needs of the individual.



Kentucky Beef Conference

The Cooperative Extension Service was able to offer an adult Country Ham class with 18 adults participating in January of 2015. The Jessamine County 4-H program was able to increase participation in the country ham project by 100% in 2015. Both the 4-H and adult classes will continue to meet throughout the year, learning about meat preservation, preservation methods and facilities and how to properly cure their ham. Youth members will also gain valuable public speaking skills.



Jessamine Co. Ham barn.

## 4-H Communications

Public speaking and communication skills have been proven to be the most needed skills in order for citizens to obtain a job in the workforce. In order to provide this experience for youth at an early age, CES planned and implemented lessons in which over 1250 youth throughout the county were educated on the importance of communicating well, and on how to properly give a speech and demonstration. CES also implemented 4-H Speech and Demonstration contests at all 6 of the county elementary schools, as well as holding a county run-off contests for both speeches and demonstrations. Of the 4th and 5th grades in Jessamine County, all classrooms chose to make either the speech or the demonstration contest mandatory in their classrooms. 2015 saw another increase in participation in demonstrations. Both the Speech and Demonstration contests saw participation increase by 187 youth. 27 participants earned

their way to the area speech and demonstration contests from the county and of those youth, 14 were selected to compete in the State Communications Day. Of the participants surveyed at the Area communications contest, 100% said they agree or strongly agree that they improved their public speaking skills. 97% feel they have confidence to speak in front of a group, and 94% say they are a good listener now after competing with their 4-H speech or demonstration



4-H public speaking

competing with their 4-H speech or demonstration

## Family and Consumer Sciences

### Building Better Relationships

Life skill development continues to be an area of focus within

Family and Consumer Sciences Extension. The Jessamine County Cooperative Extension Agent for Family and Consumer Sciences, Porsha Batts– Thomas, collaborated with



Asbury College students learning to cook on a budget

groups such as All God's Children-- a home for teen mothers; Bluegrass Community Action; Asbury College; and Early Childhood Council-- to deliver programs on building healthy relationship, smarter money habits and healthier food choices in order to make better decisions for them and their families.

### Healthy Eating Lunch and Learn Series

The Jessamine County Extension Service continues to provide opportunities for residents to learn about healthy lifestyle choices. Through our Lunch and Learn Series with Master Foods Volunteer, Julia Lainhart , we provided education on nutrition and easy ways to prepare healthy meals on a small budget, using recipes from the 2015 Food and Nutrition Calendar and the Plate It Up KY Proud recipe cards.



Julia Lainhart, Master food volunteer at Lunch and Learn

## Community and Economic Development

Jessamine County Extension continues to work with many groups in the area of economic development. The Jessamine County



Fiscal Court, Nicholasville and Wilmore City Governments, Economic Development Authority, main street programs, tourism, Chamber of Commerce, and others are a part of Extension's mission to *enhance the lives of the people in our community and to make our community a better place to live in*. Extension is able to bring the resources of the University of Kentucky to our town to develop action plans to solve problems and to create plans for future enhancement.

Extension is represented on various community boards and event committees, including the Early Childhood Council, Chamber of Commerce, All God's Children, and Youth Leadership Jessamine County to name a few. We believe in presenting strong programming, working with community partners and ultimately building a stronger Jessamine County.

The Jessamine County Extension Service serves the farming community and the homeowner by offering a portfolio of services. We can provide help in areas of livestock, crops, home lawns, home gardens, pastures, and hayfields. We specialize in identification and control of the following: insects, weeds, and plant diseases. We also offer services specific to ration balancing, fertility, and management. We can help with basic gardening as well as layout design of drip irrigation systems. Our office has hundreds of publications available on numerous topics. We enjoy serving Jessamine County with the latest research-based information available.

# Jessamine County Extension...serving **YOU.**

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COOPERATIVE  
EXTENSION  
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**The Jessamine County  
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*Extending Knowledge,  
Changing Lives*

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