EXTENDING KNOWLEDGE
Changing Lives
IN LINCOLN COUNTY

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

Lincoln County Extension: Making a Difference for all Residents

The Lincoln County Cooperative Extension Service continues its mission to bring research-based information from both land grant institutions (University of Kentucky & Kentucky State University) to local individuals and families. As we reflect on the past year, it is apparent that Cooperative Extension continues to make strides in serving a diverse group of clientele. Although we continue to meet the needs of rural populations, we are also hosting numerous programs that serve those living in more urbanized areas. Extension provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development and community and economic development. We hope that you will take time to review the programs highlighted in this report and we look forward to seeing you at one of our programs soon!

Priority Program Efforts

- A total of 169 people are now involved in addressing significant community issues
- 276 youth and 123 adults made an impact in their communities through service projects
- Lincoln County ranks 2nd in state for alfalfa production, 3rd for horticulture, 4th for beef production and 6th for dairy
- 204 beef producers attended the Beef Expo. 42 beef producers increased their knowledge of managing their beef cattle by attending the Area Master Marketer Program
- 137 youth and 54 adults indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 246 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 829 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 716 youth and adults demonstrated informed and effective decision-making skills
- 350 people implemented at least one financial management strategy
- 805 individuals made lifestyle changes for the purpose of improving their health
4-H Youth Development

Lincoln County 4-H Programs reached more than 2,300 youth through various educational programs in the areas of animal science, health, communications and expressive arts, leadership, family and consumer sciences, natural resources, and science, engineering, and technology.

4-H Camp 2014: Space Academy

Lincoln County 4-H Camp provided the opportunity for 9 adults to volunteer their time, energy, and knowledge during the 2014 residential summer camping program. During the 2014 camping session, these adults contributed nearly $17,000 to the 4-H camping program, based on the current rate of volunteer time of $22.14 per hour from the Independent Sector (2012). To increase retention rates for volunteers and create a safer camping environment, Lincoln County 4-H planned and conducted a volunteer training session prior to camp. The volunteers were educated on how to recognize abuse, how to remedy homesickness, the developmental stages of children, and ways to promote team building and life skill enhancement for their campers while at 4-H camp.

Youth Excel at 4-H Environmental Camp

4-H Environmental Camp allowed youth a hands-on opportunity to learn about nature with the following classes: Recycled Craft, Raptor Education, Fishing, Tree & Leaf Identification, Kentucky Mammals, Bee Keeping, and Pond Study. Environmental Camp included 38 participants (all in 5th grade) and 7 adult volunteers. In order to promote life skills and increase environmental education, Lincoln County 4-H partnered with a local elementary school to conduct the first ever Lincoln County 4-H Overnight Environmental Camp. Results of the camper evaluations indicated:

- 93% tried something new
- 92% felt good about something they accomplished
- 96% learned something new about invertebrates
- 94% plan to implement something they learned when they return home
- 100% gained a better appreciation for our environment
- 100% learned the importance of being good environmental stewards

4-H Youth Learn Life Skills

Lincoln County 4-H programs work to encourage youth to complete projects for county and state fair showcase. This provides youth an opportunity for independent choice and to master skills. By offering monthly hands-on workshops more than 100 youth were able to participate in hands-on workshops. In 2013, 416 projects, including livestock were completed and exhibited at the Lincoln County Fair, an increase of 71 percent from the previous year.
Family and Consumer Sciences

Family and Consumer Sciences Extension is committed to improving the quality of life for individuals and families resulting in strong families for Kentucky. Educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as you age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders. A total of 9,122 contacts were made in Lincoln County this year through these educational programs.

Examples of Some FCS Programming:
* Lunch-n-Learn Programs  
  9 programs with 216 participants  
* Food Preservation Workshops  
  6 classes with 74 participants  
* Walking Programs  
  2 series offered with 31 participants  
* Farmers Market Educational Programs/Plate It Up Kentucky Proud Programs - 352 participants  
* 788 participants in programs focusing on Securing Financial Security

Emergency Preparedness Classes
Areas addressed included fire safety, communicating with children, and natural disasters. 3 programs offered: "Don't Be Scared, Be Prepared", "Fire Extinguisher Safety", and "Document Storage" -- over 116 people participated. The fire extinguisher safety class was a joint effort with the local fire department. 100% felt more comfortable using a fire extinguisher after the "hands-on" experience using one at this class.

Leadership Development and Extension Homemakers
We have a very active Extension Homemakers Association with 141 members last year and 15 clubs in the county. Members are active in leadership and officer roles at the county, area, and state levels. Members are active in educational and charitable activities. Projects include Relay for Life, programs at the Senior Citizens Center and the nursing home, a veterans’ event, monthly educational trainings, International Night Event, flag etiquette program, and others.
Agriculture Extension Education & Service Program - Agriculture is the county’s largest industry. One in every 6 jobs is related to farming and agribusiness. Agriculture generates over $39 million of gross receipts for the county’s economy. Beef cattle production generates $14.7 million of the farm receipts, dairy production $8.4 million, tobacco $2 million, grain $7 million, hay $2.8 million, horticulture $2 million. There are more than 700 beef producers, 60 tobacco producers, 37 dairy farmers, 40 grain producers, 75 horticulture producers and 10 goat producers in the county. Most farmers will have multiple enterprises. Since so much of the farming is forage-livestock, much of the Extension programming emphasis is on forage and livestock improvements. Program efforts in these areas include:

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<td>Farmer-Lender-Extension Field Day</td>
<td>Farm Bureau Forage Improvement &amp; Equipment Rental</td>
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<td>Weed Control Demos</td>
<td>Dairy Farmer Meetings</td>
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<tr>
<td>Beef Expo</td>
<td>Corn Silage Test Plots</td>
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Pest Identification Twenty-seven insects, 12 weed identifications and 23 plant diseases were identified and control recommendations presented to the individuals.

Soil Testing Service The Lincoln County Extension Office process annually 900-1100 soil samples. The agent utilizes the results to present the farmers field by field recommendations for fertilizer use and crop management.

Media Programming Efforts
► County Agents Corner on WRNZ and WPBK Radio

Crop Production Programming Efforts:
- Host regional Tobacco Growers Conference
- Tobacco Growers and Grain Producers Newsletters
- Forage Presentations at County / State Meetings
- Minority Farmers Update
- Pesticide Certification Trainings
- Area Grain Crops Meeting
- Grain Quality Testing
- Seed Days
- Grain Field Days
Individual assistance is given to farmers through office calls and farm visits to help them improve crops, forage and livestock production.

Horticulture Programming
♦ Produce Growers Newsletters
♦ County Produce Growers Conference
♦ Produce & Flower Research Projects
♦ Farmers Market Programs (secured grants and constructed new market building
♦ Home Horticulture Assistance

Other Service Programs Include:
Forage testing, ration balancing, manure testing, transplant water testing, grain moisture testing, grain quality testing, hay moisture testing and tobacco moisture testing. Assistance also given to the Fair Board, Chamber of Commerce, Lincoln County Parks Department and Lincoln County Schools.

Agriculture Development
We provide assistance to the Lincoln County Ag Development Board to help distribute M.S.A. tobacco dollars. To date, Lincoln County farmers have received more than $5.8 million to help improve crops and livestock production. Over 2570 projects have been funded to help farmers improve livestock genetics, grain & forage crop production, horticulture production, farm fencing. These cost share dollars have helped farmers put U.K. Extension recommendations to work on their farms.