

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

- Family & Consumer Science programs taught: Firearm Handling & Safety; monthly Lunch-n-Learn Programs, Nutritional Education at Senior Citizens Center, Book Group Discussions, Child Development Class Guest Presenter at High School, Home Energy Management Trainings, Quilt Retreat and Special Interest Classes, Farmers Market Programs, Holiday Seminar, Gardening Programs, A Matter of Balance Program, Cooking with Herbs and Budgeting Classes.
- 288 youth and 126 adults made an impact in their communities through service projects
- Lincoln County ranks 3rd in state for alfalfa production 3rd for horticulture, 5th for beef production and 5th for dairy
- Over 200 beef producers attended the Beef Expo.
- 205 youth and 56 adults indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 266 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 716 youth and adults demonstrated informed and effective decision-making skills
- 320 people implemented at least one financial management strategy
- 759 individuals made lifestyle changes for the purpose of improving their health

COOPERATIVE
EXTENSION
SERVICE



**The Lincoln County
Cooperative
Extension Service**

*Extending Knowledge,
Changing Lives*

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4-H Youth Development

Lincoln County 4-H Programs reached more than 2,200 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 Agriculture Field Day

Although agriculture is big business in Lincoln County, only 30% of 4-H members live on a farm. This number is even lower for non-members. The Annual 4-H Adventures in Agriculture Field Day helps provide agriculture education to more than 300 third graders in the county. Adventures in Agriculture was held on May 5 at the fairgrounds and utilized the help of more than 45 volunteers as instructors, group leaders, cooks, meal servers, and teen leaders. At the field day, students were able to experience agriculture first-hand by visiting stations. This year's stations included rabbits, goats, sheep, poultry, beef cattle, field crops, butter-making, and dairy. All stations instructed students on how agriculture is a part of their everyday life and its importance in the community. From teacher evaluations, 100% said their students learned something new about agriculture.



4-H Drama Club



Providing youth with the opportunity to enhance and develop communication skills is necessary to grow as an individual, a community member, and a leader. Lincoln County 4-H partnered with Crab Orchard Elementary to implement a 4-H Drama Club.



Youth auditioned for roles in a 3-act play and were assigned roles as actors, costume designers, makeup artists, set crew, sound crew, or assistant director. For the play itself, 44 youth participated in varying aspects, gaining first-hand knowledge of the theatre industry. Youth completed 6 afterschool rehearsals, 2 school performances, and 1 public performance. In total, the 4-H Drama Club completed their hour-long theatrical production for 300 audience members.

At the conclusion of the program, evaluations revealed the following:

- 91% reported their communication skills had improved
- 89% are more comfortable speaking in front of groups
- 93% used information they learned from the program to make decisions

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 \$15 million of the farm receipts, dairy production \$7.5 million, tobacco \$2 million, grain \$7 million, hay \$2.8 million, horticulture \$2 million. There are more than 700 beef producers, 40 tobacco producers, 38 dairy farmers, 45 cash 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:

Cow-Calf & Backgrounders Conferences	CAIP Cost Share Program
Beef Quality Assurance Trainings	Monthly Dairy & Cattlemen’s Newsletters
Purebred & CPH Cattle Sales	Quarterly Beef Update Newsletter
Forage Crop Test Plots	Area Forage Crops Meetings
Area Forage Field Days	Beef Cooking Activities
Youth Livestock Shows	Lincoln County Cattlemen’s Association Activities
Farmer-Lender-Extension Field Day	Farm Bureau Forage Improvement & Equipment Rental
Weed Control Demos	Dairy Farmer Meetings
Beef Expo	Corn Silage Test Plots

Pest Identification Twenty insects, 12 weed identifications and 20 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 (14/month)
- ▶ Weekly & feature news columns in the Interior Journal.

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 \$6 million to help improve crops and livestock production. Over 2800 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.

FAMILY and CONSUMER SCIENCES

Many clients now choose to have their own garden or buy locally grown produce at the local farmers' market in Lincoln County. This Family and Consumer Sciences Agent works very closely with teaching the required certification training for our farmers to participate in the Kentucky Department of Agriculture Farmers Market Nutrition Education Program. In doing so, farm families selling at the farmers market may accept the food instruments distributed to qualifying senior citizens and WIC recipients. Lincoln County's redemption rates for the food instruments are in the top categories statewide. Many people are also canning foods at home. This agent provided three "hands on" food preservation workshops last summer, tested several dial gauge pressure canners, and answered numerous canning questions. The majority of participants in the food preservation workshops were

new to canning. Some had never used a pressure canner and some were scared to use a pressure canner. Others had never taken the canner out of the box. Two participants purchased canners on their way home from a workshop. In the workshops, participants learned about accessing and using more local foods, redeeming Farmers Market Nutrition Program benefits, and harvesting and preserving fresh produce safely. As a direct result of these workshops, one participant reported that she has been canning more foods and feels more confident in her abilities to do so. She reported canning green beans, blackberry jam, dill pickles, bread and butter pickles, and banana pepper rings last summer. She even told her friends about the food preservation classes and her successes with home canning. She is looking forward to canning other fresh fruits and vegetables. She now feels confident that the fresh produce she is preserving for her family and friends is both safe and nutritious.



Homemakers participating in Canning Workshop.

Members of the Lincoln County Extension Homemakers Association are truly leaders in their communities and are making a positive difference. Members work hard at the club, county, area, and state levels. Lincoln County has 141 members and 14 clubs. Extension Homemaker members practice personal leadership skills in their clubs and community outreach. Members plan, conduct, and evaluate their county programs including the International Night Event, Tasting Party, Fraud Prevention Educational Program, Disaster/Emergency Preparedness Educational Program, Back Pack Program at the 6th Grade Center, County Annual Meeting/Fun Night Event, chairperson training, officer trainings, Relay for Life team event, game night event, craft explosion event, monthly book swap, monthly council meetings, and program advisory committee meetings. Members also taught various classes at weekend craft camp, the state meeting, and at the Lincoln County Extension Office. Community service projects conducted include programs at the Senior Citizens Center and at the nursing homes, annual scholarship to a graduating senior, and an annual scholarship for Indian Summer Camp. Three members submitted leadership credentials for KEHA State Chairperson positions. We now have two incoming KEHA State Chairpersons, one Area officer, and several members on various area committees. Several members received awards/recognition at the KEHA State Meeting for their projects. Members attended the Area Annual Meeting

and the KEHA State Meeting. Several members serve on the Area Craft Camp planning committee, teach classes at Craft Camp, and participate in these events. Members of the Lincoln County Extension Homemakers Association are actively involved and working hard to increase their knowledge and skills in personal, organizational, and community leadership. While increasing their knowledge of effective meeting skills, leadership styles, and team building skills, they are sharing with others that knowledge learned and truly making a difference. Members of the Lincoln County Extension Homemakers Association are positively impacting themselves and others in their families and communities.

The Champion Food Volunteer Program -- Lincoln County now has 5 trained volunteers

As a result of this training, our volunteers have generated much positive attitude about the program topics. They have also reported making healthful changes in their own diets, increasing their intake of nutrient dense foods, and implementing one or more positive lifestyle change. They are definitely promoting sustainable nutrition knowledge, skills, and competencies to others in the community. Volunteers have planned and presented many food demonstrations using the Kentucky Proud Plate-It Up recipes for many diverse audiences, including youth at the elementary schools, adults at the senior citizens center and at the Extension Office. They assisted in planning and teaching the Lunch-n-Learn programs at the Extension Office. They prepared and taught nutrition education classes at the high school wellness fair for seniors and are preparing for the local farmers' market. Lessons taught included the need to increase fruits and vegetables in the diet, use healthful cooking methods, and use proper temperature control to reduce the overall risk of chronic disease.



Champion Food Volunteer Presentation

Many report using the skills learned through the food demonstrations. This sustainable program definitely provides volunteers with leadership opportunities and makes an impact socially and economically in our community.