Priority Program Efforts

- A total of 504 people are now involved in addressing significant community issues
- 330 youth made an impact in their community through service projects
- 282 local residents implemented practices that promote sustainable agriculture
- 387 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 736 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 708 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 1,011 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 233 youth and adults demonstrated informed and effective decision-making skills
- 742 individuals incorporated new or additional conservation practices.
The purpose of Family and Consumer Sciences Extension is to improve the quality of life for individuals and families within Livingston County. Morgan vows to work towards addressing the challenges of issues affecting people's daily lives in Livingston County. Family and Consumer Sciences (FCS) programs focus on economic, social, and physical wellbeing. Morgan states that her goal is, “to help strengthen personal and family relationships, encourage healthy lifestyle choices, and identify resources to extend income”. She aims to teach a wide range of life skills and will work to address issues that are important to you and to the well-being of your family and community. Extension provides practical education you can trust, to help people, businesses, and communities solve problems, develop skills, and build a better future. Morgan is working towards offering educational and special interest programs for community members to take advantage of in the near future.

Family & Consumer Sciences

Since Morgan has been on board with Livingston County Cooperative Extension, FCS programming has included nutritional appetizers and food safety classes, special interest paper crafting workshops, an etiquette class, and leadership lesson. She has taught financial security programs for parents of preschool age children at Livingston County Early Head Start. Morgan took part in Livingston County High School’s Close the Deal program for graduating seniors with Lt. Governor Jerry Abramson. Since starting, Morgan has worked to grow the Livingston County Homemaker Club and hosted the Pennyrile Area Annual Homemaker Meeting in Grand Rivers, to which 136 area ladies attended. Upcoming programs for the remainder of 2014 and the New Year include the “Spirit of Home”, “Weight the Reality Series”, “Managing in Tough Times”, and classes about the following: estate planning, diabetes management, recognizing signs of dementia, homemade house cleaners, paper crafters, and some sewing/crocheting workshops.

This past February, Livingston County 4-H teamed up with the Livingston County MAPP Team to provided Truth & Consequences: The Choice is Yours.

This University of Kentucky Family Consumer Science (FCS) program presents students with “Bad Choices” and allows them to experience the consequences that will unfold as a result of that choice. These “Bad” Choices dealt with issues of alcohol, drugs, peer pressure and other issues that teens may experience or may have experienced. The program required a high volunteer base. This program was only successful due to the county volunteers that stepped up to acts as a “parent” or serve as community partners. Over 96 freshmen found the program worthwhile and the majority of students requested that we include this program for all the students at Livingston Central High School. Students reflected on the experience and stated that it allowed them to realize that their choices, good or bad, would affect their future.

4-H Youth Development

Livingston County 4-H Youth Development has worked to address the county’s youth development needs. While annual programming is predictable and expected, it is still very dynamic with the community’s ever changing needs. These needs are identified by a caring and dedicated 4-H Council of community citizens that have shared interest in Livingston County’s youth development. Together with the 4-H agent, they identify and volunteer in programming throughout the year. In 2014, 854 youth participated in programming. 4-H is focused on providing the basic needs for all youth to develop and thrive into responsible community citizens. These four Essential Elements of Positive Youth Development are belonging, mastery, independence and generosity. Youth must feel they BELONG to and are part of the group and are connected to peers and adults in the group. To achieve MASTERY, youth need to explore ideas and activities while learning skills in a non-
threatening atmosphere. INDEPENDENCE is met when youth make decisions that affect their lives. Finally, youth need to learn that GENEROSITY or helping others is how they cannot only apply their learning, but also connect to their communities and give back. The goal of 4-H programming is for young people to experience something new and develop life skills; to practice those skills until they are learned; and to be able to use those skills throughout their lifetime.

4-H offers researched based programming in seven core areas: Animal Science, Science, Engineering & Technology, Family & Consumer Sciences, Health, Leadership and Natural Resources. Last year, Livingston County had twelve Special Interest (SPIN) Clubs: Air Rifle Club, Trap (shotgun) Club, Archery Club, .22 Rifle Club, Kickin’ Chicken Club, Rough Riders Horse Club, Dog Club, Sewing Club, Outdoors Club, Junior Beekeepers Club, Teen Club & two middle school clubs. Shooting sports was able to add .22 rifle and Trap due to the receipt of a grant from Youth Shooting Sports Alliance (YSSA). This grant provided the club with use of loaner guns and ammunition. School administration and teachers supported 4-H programming in the classroom for 4th - 12th grade. During school club meetings, programming was delivered that supported the current curriculum within the classroom. This required close cooperation with the 4-H agent and the teacher (club leader). All the school clubs elected club officers and received leadership education. Each school club was encouraged to participate in a community service project. In 2013, area youth participated in two roadside trash clean-ups. The 4-H teens attended the Area Teen Council, Teen Retreat, Teen Summit and State Teen Conference. Teens had the opportunity to attend the Capitol Experience in Frankfort, KY. Livingston County had over 350 students participate in the Speech and Demonstration Competition in the schools and over 33 qualified to compete at the county competition. Twelve advanced to the regional competition in Hopkinsville. Four Livingston County Youth advanced to compete at the State Communications Contest at the UK Campus in Lexington, KY. Livingston County 7th graders participated in 4-H Reality Store, a University of Kentucky Cooperative Extension program. This program gives 7th graders a glimpse into adulthood by allowing them to earn a wage in a job that is assigned based on their Individual Learning Plan (ILP), receive a paycheck, create a budget and finally go through stations that include the bank to deposit their check, a car lot, grocery store, clothing store, real estate office to acquire housing, insurance agency, taxes and other necessities and incidentals of life. Students leave the experience with a better understanding of their future and a motivation to prepare for it.

This past summer, 4-H provided programming natural resource education to over 100 students from Mustang Roundup Academy and North Star Academy. Lessons given included pollinators, watershed management, habitat development, soil conservation/health, wildlife and plant diversity, tree identification and technology at the Livingston County University of Kentucky Cooperative Extension Office Apiary Lab and Wild Habitat at the Livingston County Wildlife Viewing Area. Both of these programs resulted from grant funds from the Kentucky 4-H Foundation and Vulcan Materials. 4-H Summer Camp is the hallmark for 4-H in Livingston County. Twenty eight county youth attended the American Camp Association (ACA) accredited West KY 4-H Summer Camp 2014. Supporters donated to scholarship youth to 4-H Camp. For many youth, 4-H Camp proves to be an opportunity for independent living and personal responsibility and accountability while learning new skills through caring teen and adult volunteers.

The 2014-2015 programming year brings an exciting new program, Teen Leadership Academy (TLA) which gives 6th, 7th and 8th graders from four counties an opportunity to explore surrounding
communities, meet community leaders and develop area and county community projects as a team.

**Agriculture and Natural Resources**

In order to better serve Livingston County producers, Cooperative Extension ANR offered a wide range of learning opportunities. Livingston County has a very rich diversity of agricultural operations ranging from large row crop producers to medium family farmers with both row crop and cattle operations. We also have several new animal operations including sheep, and goat producers, hog producers, and beekeeping. Livingston County also has fruit and vegetable production ranging from home use to commercial operations.

With the help of Cooperative Extension Service ANR, Livingston County now has an organized sheep and goat association which address the needs of our local producers by holding meetings on topics ranging from animal health to best pasture management practices.

Last winter Livingston County ANR and 4-H teamed up with master beekeeper Kent Williams to launch a series of beekeeping classes. After the series was completed, the people that attended chose to organize an adult beekeeper’s club which holds regular monthly meetings. The adult club has members that have been keeping bees for a long time and members that have just started keeping bees for the first time this year because of Extension programming. Livingston County Cooperative Extension installed an outdoor Apiary (Beekeeping) lab. This lab is being utilized by 4-H youth and adult beekeepers alike. The lab was made possible by a Mini AG Grant from the Kentucky 4-H Foundation and program support monies from Livingston County ANR and 4-H.

Livingston County ANR still continued to offer programming to help our traditional farm industries such as beef and row crop production. For example, this past year Livingston County ANR offered Tile Drainage classes, Grain marketing classes, soybean cyst nematode classes, and Beef Quality Assurance (BQA) training.

This year Livingston County farmers continued to take advantage of our free soil and forage testing. A total of 252 samples were processed, which helped our producers manage the inputs for their operations. Livingston County also partnered with the Kentucky Department of Agriculture in the Rinse Return and Recycle Program for herbicide and pesticide jugs. We still offer continuous education on pesticide training for our farmers to maintain their application licenses. We also continue to offer insect identification, and plant disease diagnosis.