



EXTENDING KNOWLEDGE

Changing Lives

IN LIVINGSTON COUNTY

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



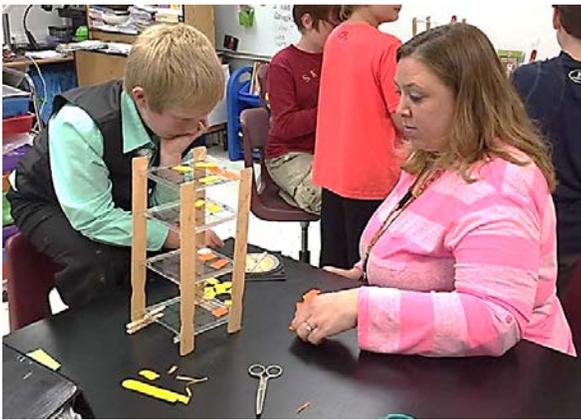
The Livingston County Office building at 803 U.S. 60 East in Smithland, KY

The Livingston County University of Kentucky Cooperative Extension Office is a county resource that is available to all county residents. We have a dedicated staff of trained professionals delivering educational programs in Agriculture and Natural Resources, Family and Consumer Sciences, Expanded Food & Nutrition Program (EFNEP), 4-H Youth Development, and Community and Economic Development. All programming is dictated by your community leaders of the Livingston County Extension Council and the three separate programming councils: Livingston County FCS Council, Livingston County Ag Development Board and the Livingston County 4-H Council. We want YOU to join us in planning future educational programming with Extension for the future of Livingston County.

Priority Program Efforts

- A total of 575 people are now involved in addressing significant community issues
- 287 youth made an impact in their community through service projects
- 191 local residents implemented practices that promote sustainable agriculture
- 377 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 647 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 2,290 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 1,562 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 1,562 youth and adults demonstrated informed and effective decision-making skills
- 542 individuals incorporated new or additional conservation practices.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



Tech Wizard mentee and mentor working with "Junk Drawer Robotics"

4-H Youth Development

The Livingston County 4-H Council 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 composed of community citizens that have shared interest in youth development. Together with the 4-H Agent, they identify and volunteer in programming throughout the year for 4-Hers (9-19 years) and for Clover Buds (6-8 years). In 2015-16, over 531 youth participated in in extension programming.

4-H programming allows young people to experience something new while developing life skills; practice life skills until they are learned; and to be able to use those life skills throughout their lifetime. 4-H offers researched based updated programming in seven core areas: Animal Science, Science Engineering & Technology, Family & Consumer Science, Health, Communications, Leadership and Natural Resources. Last year, Livingston County had twelve Special Interest (SPIN) Clubs and classroom clubs for the 4th, 5th and 6th grade students at South and North Livingston Elementary. All the clubs elected club officers and receive leadership education. Each club is encouraged to participate in a community service project. Last year, all the clubs participated in the Fill the Trolley food drive for Helping Hands Food Pantry. The 4-H youth collected over 2,000 servings of food. The Tech Wizards 4-H Club conducted a road side cleanup covering over five miles of roadway and raised over \$600 for the summer camp scholarship fund. 4-H also hosted the Ohio River Sweep in Livingston County. We

had three families clean over six miles of riverbank in Livingston County.

Our 4-H teens are encouraged to assume leadership roles and participate in leadership/teambuilding activities. This past year, teens have attended Area Teen Council, Teen Retreat, Teen Summit, and State Teen Conference. The High School Teen Club developed a presentation on tobacco use prevention to deliver to elementary school wellness day in Livingston County. Four county middle school youth meet monthly in the multicounty 4-H Teen Leadership Academy (TLA) with 16 other middle school students. They work on leadership and teambuilding activities and learn about community development, tourism, natural resources, government and community leadership.



TLA youth at graduation

*"It makes me so proud that he is such a good leader and wants to help others first
- Jenny Goodaker, mother of TLA participant"*

Over 350 Livingston students participated in the 4-H Communications Contest. Public speaking is a life skill that is best achieved early in youth development. By providing opportunities for public speaking, our county youth are better prepared to communicate in adulthood. In 2016, 34 elementary youth qualified to compete at the County Communications Contest with their speech or demonstration. Of those youth, eight qualified to compete at the area competition. Two of those youth qualified to compete at the State Communications Contest. This program was possible only through the help of over 20 volunteer judges (members of the community) that worked over the period of two weeks to critique and judge the wide array of speeches and demonstrations.

Through a grant from the National 4-H Council, Livingston County was able to create the 4-H Tech Wizards Club. This club of sixteen youth and four adult mentors meet after school to conduct engineering and science activities. The group has practiced structural and chemical engineering, coding and design. Additionally, they competed at the State 4-H Robotic Challenge, promoted science education at their school through family science nights and conducted two community service projects. Throughout the year, the youth and mentors work together to achieve both personal and club goals. This process develops a strong mentor/mentee relationship.

4-H Summer programming is always new and exciting. 4-H Summer Camp is the hallmark for 4-H in Livingston County. This past year, West Kentucky Camp at Dawson Springs, KY made many improvements in the accommodations. Through the help of generous donations from the Camp Improvement Committee, private donors and donations from 4-H Councils, our youth enjoyed new air conditioning and heating units in all the cabins. This improved the camp experience because our youth rested better at night and were able to enjoy the new amenities in the dining facility and on the grounds. Generous donations from local supporters to the county camp scholarship fund allowed Livingston County 4-H to partially scholarship over twenty youth of the forty-eight (48) that attended the American Camp Association (ACA) accredited camp. The youth that attend summer camp had the opportunity to try new activities, meet new friends, gain independence and practice personal responsibility/accountability while being supervised by caring teen and adult volunteers.

The 4-H program is always looking for caring adult volunteers with varied interests to enhance and add to programming. 4-H offers training and programming for adult volunteers to lead clubs or projects. This past year, three volunteers attended the State Volunteer Forum and one received an award in innovative programming.

Family & Consumer Sciences

Family and Consumer Sciences Extension focuses largely on encouraging women of all ages to partake in fellowship, friendship, and service through the Kentucky Extension Homemakers Association (KEHA). In May, Livingston County Homemakers and FCS Agent Morgan Rousseau were pleased to accept the award for *1st Place*

Highest Percent Increase in Membership in Kentucky at the KEHA State Conference in Covington, KY. The Livingston Homemakers, as a whole, have expanded to 3 clubs: Livingston County-Wide Club (mailbox & active members), Pins & Needles Club, and Pinterest Interest club. A new club called Block of the Month will begin in January, in which members will work on completing 3-4 quilt blocks per meeting in order to have a finished "Farm Girl Vintage" quilt by year's end.



The Pins and Needles Quilt Club toured The National Quilt Museum during their "Quilters Day Out"

Family and Consumer Sciences agent Morgan Rousseau is teaching 85 preschoolers about fruits and vegetables, good hygiene, and physical activity through monthly LEAP (Literacy Education and Activity Program) sessions at North and South Livingston Elementary Schools. In addition to these regular nutrition lessons at the schools, 31 elementary age children took part in a five session LEAP summer reading program offered through a partnership with Livingston County Public Library. The summer program encouraged students to complete a book reading challenge and taught them how to make healthy snacks from locally grown fruits and veggies. A new cooking club was started at North Livingston Middle School, in which 35 teen students learn basic cooking, cutting, measuring, and kitchen skills on the last Friday of each month. Adult classes offered this year at the extension office addressed topics of home food preservation, identity theft protection, nutritional properties of honey and its uses in the kitchen, simple workouts for commercial breaks, and accessorizing on a budget. Off-site workshops at Smithland Senior Center and Livingston Hospital included diabetes management, heart healthy lifestyles, and Plate It Up Kentucky Proud.

Detra Coley, Expanded Food and Nutrition Education Assistant, regularly teaches after school programs at four schools within the county. A total of 112 children from kindergarten to 12th grade are enrolled and learning food preparation, cooking skills, healthy lifestyle practices, and partaking in taste tests. As a result of these efforts, over 45% of these students improved their recognition and consumption of healthy snacks, vegetables, fruits, and dairy. In other workshops for adults this year, 84 limited resource families have learned how to serve more nutritious meals, to keep foods safe, and to make improvements to the nutritional quality of their diet. Nearly 70% of these families reported to be planning meals ahead of time and using a grocery list to guide food selections.

Agriculture and Natural Resources

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 livestock operations. Livingston County has also seen a renewed interest in several homestead or backyard agricultural operations such as beekeeping, fruit and vegetable production ranging from home use to commercial operations. This year Livingston County ANR has brought a wide variety of educational opportunities to the people of Livingston County.

Livingston County adult beekeepers continue to take advantage of beekeeping meetings offered by Livingston County’s ANR program. In addition to the meeting, Livingston County Extension Service ANR and 4-H has purchased a honey extractor for a shared-use piece of equipment for the county. This honey extractor has been a very

beneficial tool to our small scale beekeepers. With this extractor small scale beekeepers can harvest their honey without hassle and added expense. Also Livingston County Extension Apiary lab has been a great teaching tool for the county to utilize this past two years, as more residents of the county become interested in beekeeping.



Mr. Robert Mitchel spinning honey from his own personal hives

Livingston County ANR continues to offer programming to help in our traditional farm industries such as beef and row crop production. For example, this past year Livingston County ANR offered cover crops classes, soil sampling classes, and grain market outlook classes. Livingston County ANR also helped facilitated some unique learning opportunities for our local beef producers. For example Livingston ANR partnered with Lyon and Marshal Counties to offer a day long hay school to address the need for improved forage quality and to increase farmer understanding of the economics of hay production. Other beef opportunities ranged from UKs Beef Bash to the Pasture to Plate program.

This Year Livingston County ANR also offered some great learning opportunities to our counties home owners, sportsmen, and small nontraditional farmers alike. For example Livingston ANR offered classes ranging from container gardening, wildlife management. Livingston ANR also partnered with Graves, Marshall, and Calloway to offer a Small Farm Expo. The Small Farm Expo covered topics from vegetable production, beekeeping, to small ruminants’ production.

This year Livingston County farmers continued to take advantage of our free soil and forage testing. A total of 297 samples were processed, which helped our producers manage the inputs for their operations. 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.



University of Kentucky
**College of Agriculture,
 Food and Environment**
Cooperative Extension Service
 Livingston County

*Extending Knowledge,
 Changing Lives*

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