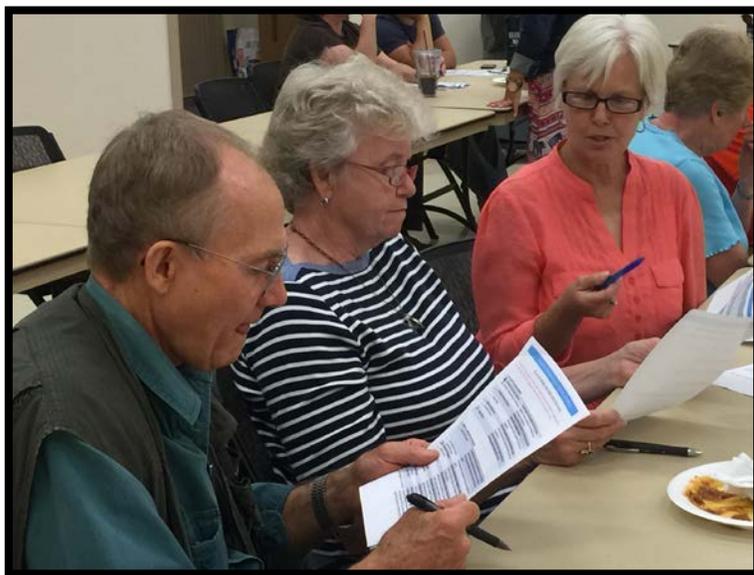


EXTENDING KNOWLEDGE *Changing Lives*

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.



Livingston County Extension Council planning the next four years

YOU are Extension!

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 545 people are now involved in addressing significant community issues
- 443 youth made an impact in their community through service projects
- 431 local residents implemented practices that promote sustainable agriculture
- 400 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 607 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 2,097 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 1,521 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 1,521 youth and adults demonstrated informed and effective decision-making skills
- 415 individuals incorporated new or additional conservation practices.

4-H Youth Development

Livingston County's 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 Livingston County's 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 2014-15, over 400 youth participated in extension 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



4-H Youth find belonging at 4-H Camp

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, SET, Family & Consumer Sciences, Health, Leadership and Natural Resources. Last year, Livingston County had eleven Special Interest (SPIN) Clubs: Air Rifle Club, Trap (shotgun) Club, Archery Club, .22 Rifle & Pistol Club, Rough Riders Horse Club, Poultry Club, Practice Practical Projects Sewing Club, Animal Science Club, Junior Beekeepers Club, Teen Club & LCMS middle school club. 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 club is encouraged to participate in a community service project. In December 2014, 4-H School Club members collected over 2,000 servings of food for Helping Hands Food Pantry in the Fill the Trolley campaign. The 4th and 5th grade clubs at North Livingston Elementary raised funds for medical expenses for their classmates Mason Fuller and Anthony Harris. Eight 4-H youth volunteered for roadside cleanup of Lola Road and raised \$500 for summer camp scholarships. The sewing club sewed a quilt for a family that suffered a house fire and lost all their belongings.

Livingston County 4-H teens are encouraged to assume leadership roles and participate in leadership/teambuilding activities. This past year, teens have attended the Area Teen Council, Teen Retreat, Teen Summit, and State Teen Conference & Southern Region Teen Leadership Conference. The Middle School Teen Leadership Academy (TLA) debuted in October with the selection of four middle school aged teens that were selected out of 15 applicants. The students were selected based on written answers in their application and by teacher/principal recommendation. The four students spent seven months working closely with 12 other 4-Hers from three other counties in activities in team building, community development, tourism, natural resources, government and leadership. These same youth attended a week at the Kentucky 4-H Leadership Center in Jabez, KY participating in Leadership activities with youth from all over Kentucky. The program culminated in a graduation banquet and team presentation to the audience. This year, four other youth have been selected out of 10 applications and are well on their way to becoming community leaders.



Over 350 students participated in the 4-H Communications Competition (pictured – a student gives her demonstration this year). Thirty-seven students qualified

to compete at the county competition with either a speech or demonstration. Fifteen students advanced to the regional competition in Madisonville, KY. This past summer, six Livingston County youth advanced to compete and place at the State Communications Contest at the UK Campus in Lexington, KY.

Livingston County 7th graders participated in 4-H Reality Store/ Dollars & Sense, a University of Kentucky Cooperative Extension program.

Family & Consumer Sciences

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.

In May 2015, Livingston County 4-H teamed up with the Livingston County MAPP Team to provide Truth & Consequences: The Choice is Yours. This University of Kentucky Family Consumer Science (FCS) program presents students with “Poor Choices” and allows them to experience the consequences that will unfold as a result of that choice. These “Poor” 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.

This past summer, 4-H and FCS joined together to bring Babysitting Bootcamp, a one week course in leadership, child safety, nutrition, first aid, Cardio Pulmonary Resuscitation (CPR), child development and marketing. A Girl’s Day Out was another program offered by 4-H and FCS for middle school aged girls to participate in fun filled activities and share much needed social time with each other.

4-H Summer Camp is the hallmark for 4-H in Livingston County. Thirty county youth attended the American Camp Association (ACA) accredited West KY 4-H Summer Camp 2014. Supporters donated over \$3,000 to scholarship youth to 4-H Camp. For many youth, 4-H Camp is an opportunity to practice independence, personal responsibility and accountability while learning new skills through caring teen and adult volunteers. The 2015-16 year brings about new and exciting programming for both 4-Hers and Clover Buds. The adult volunteers are imperative to the success of the program and the 4-H program is always seeking new volunteers to enhance and add to programming. 4-H offers training and programming for adult volunteers to lead clubs or projects. This past year, four volunteers were trained and certified to lead the rifle club, sewing club, teen club & horse club.

This year Family and Consumer Sciences (FCS) extension programming has focused strongly on improving the wellbeing and stability of families within Livingston County. Community members have been presented lessons on upcycling and repurposing, hospitality, weight management, nutritious eating, financial security, and home safety. Numerous literacy programs hosted at Livingston County Public Library in Smithland and Glenn’s Prescriptions in Salem were heavily attended by youngsters and their caregivers. The weekly summer reading program was attended by nearly 60 children. Other well-attended events put on this past year included the Weight the Reality Biggest Loser



Onion Basket Making Class

series, pillowcase dress sewing workshop, Truth and Consequences program at LCHS, and Reality Store. Monthly ‘Plate It Up KY Proud’ demonstrations have been going on at the Smithland Senior Center on the first Thursday of each month and also delivered on-site at Village Market in Grand Rivers throughout the summer. A three-day food preservation workshop (*pictured below*) was put on during the summer and three basket weaving classes have been a highlight as well. In collaboration with Detra Coley, EFNEP Assistant, extension has seen increased interest in events such as



Snap Apple Night, Valentine Adventures and Wet and Wild Day.

A newly formed Family and Consumer Sciences Advisory Council has been meeting

quarterly and helping FCS agent Morgan Rousseau identify needs within Livingston County that could be reached and improved through future programming efforts. Notable partnerships that have helped Family &

Consumer Science programs succeed this year include the Family Resources Youth Service Center, Community Early Childhood Council and Audubon Early Head Start.

Morgan has worked this year to help grow the Livingston County Homemakers group by publishing a county-wide cookbook with the ladies and starting a new bi-monthly ‘Pinterest Interest’ club. Both of these things were carried out in hopes that awareness will be raised as to how homemaker membership leads to friendships, social interaction within the community, skill development, philanthropic endeavors, and ultimately enriches the lives of women and their families. Recently, four county members attended the Pennyriple Area Annual Homemakers Meeting in Lyon County and heard Georgia O’keefe, long time quilter and former extension agent in Louisiana, speak and share her personal story of ‘picking up the pieces’ of her life after Hurricane Katrina. We are hopeful that we can further extend the reach and importance of Kentucky Extension Homemakers membership in Livingston County going forward. Upcoming FCS programs that you can look forward to throughout the end of the year and early 2016 include: Spirit of Home Holiday Workshop, Household Repairs, Stretching Your Holiday Dollar, Aging Gracefully series, and Choose to Lose weight loss challenge.

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 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.

With the help of Cooperative Extension Service ANR, Livingston County now has an organized an adult beekeeping club and a sheep and goat association. Both organizations take advantage of the educational opportunities that Cooperative Extension has to offer. Meetings range from hive health to winterizing of hives, and flock health to best pasture management practices. Livingston



County Cooperative Extension Apiary (beekeeping) Lab has been utilized by 4-H youth and adult beekeepers alike this year. This lab has been a great teaching tool for the county this year as more and more residence of the county become more interested in beekeeping.



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 grain marking classes,

watershed management classes, and a cold frame class. Livingston County ANR also responded to requests from the local producers and offered some new ways to look at traditional production in grazing animals. For example this year Livingston ANR offered an alternative grazing class and alternate fencing field trip (pictured above). Livingston County ANR also for the second year running has completed a forage soybean trial in the county.

This year Livingston County Cooperative Extension jumped in to help educate farmers on the new farm bill, and helped train them in the use of the new personal decision making programs. For the first time in the County’s history, a CAIP program was implemented using the Phase One Tobacco Settlement money.

This year Livingston County farmers continued to take advantage of our free soil and forage testing. A total of 279 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.

COOPERATIVE
EXTENSION
SERVICE



UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment

**The Livingston County
Cooperative
Extension Service**

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Changing Lives*

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