

# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN LYON COUNTY

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



Lyon County Extension Service is an outreach arm of the University of Kentucky and Kentucky State Universities, the Land Grant Universities in Kentucky. Our mission is to extend research-based information to the communities we serve. Program councils and the County Extension Council, as well as clientele, provide input on program priorities and direction. Every four years we revise our initiatives and focus. We are now in that process that will guide us from July of 2016 to July of 2020.

The county is home to 8,000 people, 1500 of these are inmates at the two correctional facilities located in the county. Land Between the Lakes National Recreation Area has a large influence with one-third of the county located in LBL. Many residents have located here for the recreational opportunities the lake affords. Lyon County has limestone soils which include areas of prime farm ground with Crider soils. The agriculture is predominately grain crops, cattle and dark tobacco.



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## Priority Program Efforts

A total of 186 people are now involved in addressing significant community issues

72 youth made an impact in their community through service projects

54 local residents implemented practices that promote sustainable agriculture

24 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations

96 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs

214 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

A total of 175 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

A total of 52 youth and adults demonstrated informed and effective decision-making skills

23 individuals incorporated new or additional conservation practices.

## Agriculture & Natural Resources

The new Farm Bill required discussions so that farmers could make informed choices before signing up. The decisions made will be in effect for the 5-year period of the bill and possibly years beyond. Two regional meetings at UKREC and a county meeting were held to explain the options and their potential outcomes.

Other agriculture meetings included a Dark Tobacco Update, Tobacco GAP training, a Goat/Sheep Producer's Roundtable, an agriculture producer's breakfast with a presentation on Farm Service Agency programs. Classes were held on 'Hayfield and Pasture Weed Control' and 'Cattle Care and Handling Certification', each attended by 12 producers.

Lyon County contributes to research studies conducted by the University of Kentucky. Results are used to improve recommendations and address farm problems. Lyon County contributed six wheat samples for a wheat fungal infection study to ascertain the conditions that lead to high toxin levels and rejection of wheat grain at marketing. A farm participated in the feeder cattle CPH sale at Guthrie which requires specific vaccines, weaning and being on feed, etc.

The ANR program collaborates with agriculture organizations in the county including an activity for the Conservation District 3<sup>rd</sup> Grade Field Day, attending the Farm Bureau board meetings, providing support to the West Kentucky Beekeepers, and the Caldwell-Lyon Cattlemen's Association. The Extension Office provides administration for the Lyon County Ag Development Council which approves applications for county Phase I funds. Crop reports are submitted to NASS weekly through the growing season.

Master Gardener Extension Volunteers are valuable contributors to Extension horticulture programs. They plan and conduct annually the popular Christmas Wreath and 4-H Mother's Day Flower Pot events. The Master Gardener President made a presentation to a local garden club.

The group maintains a demonstration garden including fruit trees, vegetable beds, ground covers, raised beds, herbs, compost bins and the annual flower trial garden. This year they are working on an addition, a demonstration blueberry planting. Master Gardeners conducted an African violet propagation activity in conjunction with the Farmers' Market Celebration and they assisted with the Leaf Casting Class. One member wrote an enjoyable article on making jam from autumn olive berries. Master Gardeners participated in a trip to the Missouri Botanical Garden, the State Master Gardener Conference in Owensboro, and an apple tree pruning demonstration at the garden.

Lyon County Farmers' Market provides an outlet for local and regional produce. The market was active from late June through the first of October. The Farmers' Market Celebration continues to be a highlight of the market for customers with 225 participants at this year's celebration.



Above: Lyon County Master Gardener's plan and conduct several events and maintain a demonstration garden. Ex-

tension assists the market vendors with obtaining certification for offering fresh samples and microprocessed products, hosts the annual market meeting, assisted the membership with bylaw updates and arranged for scale certification for vendors. Additional fruit classes included Pruning and Grafting Apple Trees offered in cooperation with Crittenden County and a Blueberry Class.

Natural resource requests included ten requests for assistance with pond weed control were made this year from farm ponds to koi ponds and sewage treatment lagoons. An aquaculture specialist assisted with water testing and weed control recommendations for these situations. Lyon County served as a host for Logger Certification webinars. Offering these certification programs locally saves hours of driving time for the loggers.

The ANR agent provided more than 400 individual assistances across the program area. Issues this year included drowning and black shank infection of tobacco in the southern half of the county, sugarcane aphids on sorghum which severely damaged sweet sorghum, herbicide damage on grapes, and questions about weed control, wildlife control, the production of hemp, hops, kenaf and other crops.



New insect pests like the sugarcane aphid can move in rapidly and cause serious crop issues. Specialists are working with companies and the EPA on labeled controls.

## 4-H /Youth Development

More than 844 youth participated in 4-H programs during the past year. Youth were supported by 560 adult and teen volunteers who shared time, talent and/or dollars. Grants and gracious donations of \$4,443, along with funds raised through poinsettia sales, helped sponsor 4-H programming efforts.

The national 4-H slogan, "4-H is a community of young people across America learning leadership, citizenship, and life skills," describes the 4-H Youth Development program in Lyon County where every 4-H program, event, or activity is designed to help meet one of four basic developmental needs of the youth involved -- belonging, mastery, independence, and generosity. The child is central to all 4-H programs.

The Kentucky 4-H program has seven core curriculum areas: Leadership, Health, Communications, Family & Consumer Sciences, Agriculture, Natural Resources, and S.E.T. (Science, Engineering and Technology). Lyon County 4-H offers programming in all of the core areas as well as many specialty projects.

Last year, nine after-school and specialty clubs provided special interest projects: Teen Leadership Council, Craft Club, FAN (Fitness and Nutrition) Club, Outdoors Club, Cooking Club, Shooting Sports Club, Livestock Club, Horse Club and Lego Club. Nine volunteers are certified by the State 4-H program for Horse, Livestock and Shooting Sports programs. Teens also assist with many of the clubs.

Because of the tremendous support from Lyon County school administrators and teachers, all youth in grades 4-12 can belong to a 4-H school club. Every 4<sup>th</sup> and 5<sup>th</sup> grade classroom has a club, and in-school clubs are also available for middle school and high school students – all with trained officers.

Leadership is a major focus for 4-H teens. A Lyon County teen was elected to serve as Kentucky 4-H President. One teen serves as a District 7 delegate on the State Teen Council. One teen serves as an officer on Area 4-H Teen Leadership Council. Two teens taught workshops at the Southern Regional Teen Leadership Conference. Teens presented tobacco education to over 1,000 elementary students last year in Lyon and Livingston Counties. A Bullying program was presented to 4<sup>th</sup> graders in Lyon and Marshall counties by Lyon County teens. A collaborative program with 3 other counties provided a year-long leadership program for middle school students - the Teen Leadership Academy.

Two 4-H day camps focusing on electricity and the environment provided classroom enrichment programs for 4<sup>th</sup> and 5<sup>th</sup> grades respectively. The 4-H Council sponsored 4-H National Youth Science Day, providing kits for every 4<sup>th</sup> and 5<sup>th</sup> grader. Other classroom enrichment programs are also offered throughout the year.



*Making friends at 4-H Camp is the favorite for many!*

Other special programs included: a collaborative summer day camp, trips to the KY State Fair, Country Ham Project, 2-day Fitness Day Camp, Area Teen Retreat, Issues Conference, Southern Regional Teen Leadership Conference, Vet Science Project, Kentucky Summit, Communications Day, Reality Store, DAT (Drugs, Alcohol & Tobacco) Awareness Conference, TATU program, Trash Sculpture, First LEGO League Competition Team, Make A Difference Day Beef Stew Drive, Spring Clean-up, Mother's Day Flower Pots, Sewing Projects, Needlework Projects, Leather Work Class, Horse Judging, Horse Camp, State 4-H Horse Show, Cloverbud Camp and State Shooting Sports Camp and State Contest.

4-H camp remains the most well known of all 4-H programs. Lyon County continues to have an active camping program and a wonderful camp support base within the county. Scholarship donations of \$2,400 helped to support the Lyon County 4-H camping and conference programs.

Information on Stretching Your Resources was presented to limited resource parents. Limited resource families received nutrition information via a back to school event. Newsletters on health, nutrition and stretching resources are distributed monthly by the 4-H Agent to clientele through other agencies such as the Housing Authority, Social Services, Sr. Citizens, FRYSC and the school.

The 4-H agent is also involved in community development and outreach programs: Interagency Council, FRYSC Advisory Council, 21<sup>st</sup> Century After-School Advisory Council, Community Education Advisory Council, Regional Recycling Education Committee, District Health Council, Champions Health Coalition, and the Community Early Childhood Council.



*5th grade Environmental Camp helps students learn the dangers of air, land and water pollution.*

## Family and Consumer Sciences

The Lyon County Family and Consumer Sciences (FCS) program, through the University of Kentucky Cooperative Extension Service, has served clients with varied and researched programming in the 2014-2015 program year. From classes with Homemakers to working with preschool and Head Start children, FCS agent, Angie York, made every effort to offer something for everyone. Programs are presented with emphasis on 7 initiatives including making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious foods, and empowering community leaders.

In support of these initiatives, FCS classes and programs were designed to offer members of the Lyon County community ways to expand personal growth and knowledge. The empowering community leaders initiative aligns itself with the promotion of one of the strongest groups in the county. One of the many opportunities forwarded to our residents is the chance to join the Lyon County Homemakers Club. The face of Homemakers is continually developing and changing and this year was no exception. With a significant growth in enrollment and the addition of a new Quilt Club, we are able to serve the community with greater strength than ever before. An ongoing campaign, The Pretend Store, allows all Lyon County Homemakers to work together to provide Christmas gifts for Lyon County Preschool students and their families. New this year, a scholarship was awarded to a deserving senior from Lyon County High School. Many local charity organizations received donations of time and money from the Homemakers. Each of the five clubs that make up the Lyon County Homemakers does their own work for the community in addition to what is done at the county level.

Again this year, a partnership with the Rainbow After School Program through Kuttawa United Methodist Church lead to successful support of the promoting healthy homes and communities initiative. Working with youth from Kindergarten through middle school, lessons on healthy eating and exercise were taught. The children were even awarded a visit from our FCS mascot "the worms," who are a part of an ongoing vermicomposting experiment. This provided an opportunity for the students to learn more about composting and how it can help to protect the environment.

In backing the accessing nutritious foods initiative, Angie could be found throughout the summer at the Farmers Market promoting the "Plate It Up! Kentucky Proud" program as well as working with adult learners in the community to gain cooking and kitchen skills. Classes taught this year focused on expertise needed for food resource management, food safety, and food preparation that would afford healthy and nutritious food choices to the families of Lyon County.

Heritage Arts are always enjoyed by community members in Lyon County. Because of that, several classes teaching skills such as crochet, quilting, wreath making, paper crafting, and more are offered monthly in the FCS department. It is the goal of the agent to make sure programs offered are timely and useful to all community members. Continuing a tradition of excellence in education remains top priority. With programs planned in the coming year to cover weight loss, genealogy, embracing life as we age, and many others, next year promises to be as exciting and educational as the last.



Homemakers received volunteer service hour awards at county annual day.



Farmers Market customers enjoy samples of "Plate It Up! Kentucky Proud" recipes.

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*Extending Knowledge,  
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