

# EXTENDING KNOWLEDGE *Changing Lives*

## IN NICHOLAS 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 year 2015 has come and went and it's hard to believe we are staring down the barrel of 2016.

As we begin to prepare for the New Year and reflect on the year that has past, a lot of great things have happened with programming at the Extension Office. We have seen new programming form, partnerships develop and met many new faces. We hope to continue this growth for years to come!

Thank you to each and every person in the community for your continued support and fellowship!

Inside you will find highlights of a few of the programs that occurred throughout 2015. Also included is a calendar with upcoming events for Agriculture/Natural Resources, 4-H and Family & Consumer Sciences.

With this newsletter we hope to give you a brief snapshot of all of the extension efforts occurring in Nicholas County. This will be your only December/January newsletter. Look for your regularly occurring newsletter in early February.

Again, thank you for your support. If you have any suggestions, questions, or a burning desire to volunteer; contact us today!

## Priority Program Efforts



115 Youth made an impact in their community through service projects

27 Local residents implemented practices that promote sustainable agriculture

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

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

425 Citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

# Agriculture News

## Nicholas County Cattleman's Association Summer Field Day

On July 23, 2015 the Nicholas County Cooperative Extension and the Nicholas County Cattleman's Association teamed up to offer a beef cattle themed field day to Nicholas County producers. Local farmer, Pete Szak, was kind enough to provide a meeting place for the field day near his home in the Headquarters area. The Cattleman's Association and their sponsors provided a meal and door prizes. A great time was had by the nearly 50 producers that attended.

We also had an opportunity to learn a few new things to help us on our operations as well. We had two guest speakers for the evening's event, UK Forage Specialist Dr. Ray Smith and one of our local DMV's Seth Sadler. Dr. Smith began the evening by giving a field tour discussing forage issues that are important to beef producers such as, fescue toxicity, extending the grazing season, and making quality winter feed out of forages. Dr. Sadler presented a chute side demonstration where producers actually had the chance to gain from hands-on learning experience. While the producers worked at the chute Dr. Sadler discussed summer health issues of beef cattle such as, pink eye, foot rot, and bloat and how producers can treat and prevent these issues from happening.



This was the first opportunity the Nicholas County Extension Office and Nicholas County Cattleman's Association had to put an event on together but it will not be the last. There are already plans in the works for meeting and event dates in early 2015. If you would like to learn more or join our local Cattleman's Association contact the Extension Office for more information.

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### *Cost Share 2015*

The Nicholas County Agriculture Development Fund (also known as Phase I) is a great resource for Nicholas County Producers. It provides an opportunity for producers to apply to receive a 50/50 cost share of up to \$3,000 on various farm improvement projects. This past program year has been great, we were able to approve 95 applications, up from 67 in 2014. This is due to an increase of allocated funds in 2015 by the **Kentucky Agriculture Development Fund (KADF)**. Many approved producers have already started work on their 2015 projects and I cannot wait to see the results. Any way you choose to look at this, it's a great program for the county. It pumps in hundreds of thousands of dollars into the local Ag economy each year that more than just the approved farmers get to benefit from (construction workers, fence builders, local Ag stores, etc.) and it helps to advance the image of Agriculture in Nicholas County, both of which the Extension Office takes great pride in.



The **KADF**, in statute, is administered by the Kentucky Agricultural Development Board. The mission of the board is to invest these funds in innovative proposals that increase net farm income and affect tobacco farmers, tobacco-impacted communities and agriculture across the state by stimulating markets for Kentucky agricultural products. This includes finding new ways to add value to Kentucky agricultural products and exploring new opportunities that will benefit Kentucky farms now and in the future.

# 4-H In Nicholas County



State Teen Council (STC) is a teen-led leadership council comprised of 42 teens from across the state of Kentucky. This year one of our local 4-Her's, Taylor Garrett, was selected to be a member! This is the first time someone from Nicholas County has served on this council. Taylor will be on the council for one year. As a part this council, Taylor helps to plan statewide events for teens; including Teen Conference and Teen Summit. He also helps review educational materials and receives training in leadership, etiquette and curriculum. In addition to serving on STC, Taylor also serves as the Vice President of District 4 Teen Club and President of Nicholas County Teen Club! Congratulations to Taylor Garrett for achieving this great feat!

## Nicholas County 4-Her Goes to National Competition!

Dakota White, NCHS 9<sup>th</sup> grader, has competed in the State Chicken BBQ contest for three years and won the junior division two years. This year, after another win, she had the opportunity to advance to the National 4-H Poultry and Egg Conference and compete against children from across the state with her locally famous BBQ Chicken. Great job Dakota, we are so proud of you!



## 4-H School Enrichment Grows!

For the 2015-2016 school year, 4-H Enrichment will be taught to students in 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grades at Nicholas County Elementary! We will reach over 400 students in the classroom during weekly/monthly 4-H programs. Third grade continues to learn the importance of a healthy and active lifestyle with Professor Popcorn. Fourth graders again attended Environmental Camp in October and continue to learn all things 4-H! Fifth and Sixth graders are interacting with the KET Arts Toolkit. These students are exercising their imagination and creating visual and dramatic art! We will also have a 5 week nutrition unit with our second graders this year!

4-H curriculum allows students an opportunity to experience hands-on life skills. These lessons appeal to all learning abilities and is all inclusive. Our lessons also align directly with academic standards, making our school administrators and teachers very happy. We are privileged to get to work with such great students and teachers on a regular basis. Nicholas County Schools are helping 4-H Make the Best Better!



COOPERATIVE  
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**The Nicholas County  
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*Extending Knowledge,  
Changing Lives*

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## Nicholas County Family & Consumer Science

### \$Budget Basics\$

As a continued joint effort with Nicholas County FRYSC, holiday budgeting classes were offered for parents/guardians needing assistance to provide for their families. The Nicholas County Extension Office offers financial management workshops. Participants learn the difference between needs vs wants, what a budget is and how to make a budget. Participants also cost cutting tips and tricks to use when shopping.

New for 2015 is an additional partnership with the Nicholas County Community Action Council. Parents/guardians in the early head start program have shown an interest in money saving tips. This year, over 50 participants took part in a holiday budgeting class, similar to that offered to the FRYSC families.



### 2S Continues to Grow

2S is a statewide initiative to get Kentuckians up and moving and to stress the importance of a healthy lifestyle. By partnering with Carlisle Rotary Club and Saturday in Carlisle, 2S is growing by leaps and bounds! This year the Nicholas County Homemakers sponsored the 5K race. We had over 30 participants in the race and donated over \$250 to the Ovarian Cancer Research Fund.

In addition to the 5K, healthy recipes and goodies were distributed at the Farmer's Market to encourage consumption of fresh fruits and veggies. We also sponsored the kids games where youth participated in relay races, hula hoop contests, and much more!

2S is an amazing program and one we are proud to sponsor in Nicholas County! We hope to continue to see it grow and to see more people participate in the walk/run, farmer's market and games! The Extension Office enjoys partnering with such a huge community event to spread the word of a healthy, active lifestyle!

### Volunteering is Good for the Soul

Our Nicholas County Homemakers are hard at work VOLUNTEERING! For the 2014-2015 program year, we reported over 6,000 hours (and there are countless more that have gone unreported) of volunteerism; if put into dollar figures a total of \$138,420! That is definitely something to brag about!

A few noteworthy things that are being done right here in the community: 4-H Dollars and Sense program, 2S/Saturday in Carlisle, Kids College, 4-H Needlework Club, 4-H and FFA Youth Livestock Show and Sale, Nicholas County Conservation Producers meeting and much, MUCH more!

