

EXTENDING KNOWLEDGE

Changing Lives

IN OWEN COUNTY

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



Extension Council Members Enlightens Elected Officials

The November 2014 local elections in Owen County resulted in a large turn-over in the number of locally elected officials including the County Judge Executive, Mayor, Magistrates, City Council Members and School Board Members. Many of these newly-elected officials were not familiar with the Cooperative Extension Service's various educational, community and economic development activities in Owen County. Extension council members planned and implemented an educational dinner for the newly elected officials in an effort to tell Extension's story.

A total of 63 participants attended the dinner and program including Senator Julian Carroll, County Judge Executive Casey Ellis, Mayor David "Milkweed" Wotier, County Magistrates, City Council Members and School Board Members, CEC Members were recognized and a slide show presentation illustrating how Extension benefits the community of which they serve was shown.

Picture displays were developed to tell the story of the different areas involved in cooperative extension: Family & Consumer Sciences, Extension Homemakers, FCS Program Assistant, Community Development, 4-H/ Youth Development, and Agriculture and Natural Resources. This reinforced what was seen in the slide show presentation, which led to some one on one discussion between leaders and elected officials at the end of the meeting.

The event was very well received by all involved with several of the elected officials, who were familiar with the work of the cooperative extension service, adding their testimonies of how their lives have been impacted. Several newly-elected officials expressed amazement at the widespread impact of the extension service and thanked the CEC members for the opportunity to gain awareness of its various programs. Extension Council Members have commented this is one of the best programs we have ever presented. What a great way to tell Extension's story.

Priority Program Efforts

A total of 46 people are now involved in addressing significant community issues

43 youth made an impact in their community through service projects

12 local residents implemented practices that promote sustainable agriculture

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

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

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

A total of 1,963 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

A total of 360 youth and adults demonstrated informed and effective decision-making skills

45 individuals incorporated new or additional conservation practices.

Future Leaders Learn About the Community and their Impact



Building the capacity of volunteer leaders within the county is critical for the sustainability of a community's infrastructure to strengthen families. Our county will be facing substantial growth-related change in the next few years and still wants to preserve the rural character of our community. As new leaders become involved working in the community, there is the need for leadership development to be built in three levels: personal leadership, organizational leadership, and community leadership.

The local Chamber of Commerce and Cooperative Extension Service co-sponsored the Leadership Owen County Program for the 7th year training 18 individuals to serve in leadership roles. Each month the individuals attended sessions on education, health care, services to children, agriculture, entrepreneurship, government, and industry/utilities.

After the completion of the 10 months leadership training series, an evaluation and discussion of the Leadership Owen County program results were:

- Top three training program days were- entrepreneurship, agriculture, and education
- 100% of the leaders increases their knowledge about the community and its issues and as a result have changed their way of thinking about the community
- "Not that I feel differently about our community, but I am thinking differently, because there is so many reminders of the things that I have learned during the program."
- "I learned more about some hidden unique qualities in Owen County. I saw the rural spirit thrive in the people and entrepreneurs we met."
- "Before this class, I had Owen County characterized as pretty, but quite place-away from everything, I come to appreciate its beauty, its hardworking people and its close location to big areas as an opportunity for growth and promises-an oasis that is rare to find."

The community service project for 2014 class is stationary maps under shelter areas throughout the county to show visitors "You Are Here" with listings of local attractions such as recreation areas, lodging, and dining opportunities with a brochure to distribute at the sites. Leadership class will raise funds for the project, The Owen County Tourism Commission purchased framed maps for local lodging vendors and printed brochures for distribution for tourists.

Agricultural Certifications

Tobacco Production-GAP Certification-142

BQA/Cattle Handling & Care Certification-80

Master Cattleman Certification-5

Private Applicator Pesticide Certification-23

Larry Ayres, Owen County Farm & Craft Market

- Senior Farmers Market Nutrition Program
- Women, Infants & Children Farmers Market Nutrition Program

Fun on the Runway

On June 9th and 10th, Laura Duke, Chloe Wong & Stevee Rohling attended the Kentucky State 4-H Fashion Revue, held in conjunction with Teen Council each year at the University of Kentucky. The girls spent the two days learning about fashion, meeting other youth from around the state, and practicing for the show. The revue was held on Wednesday night. Each of the three Owen County Youth attended the event for the first time this summer, and each placed in the top ten. Two, Laura Duke and Chloe Wong, even placed in the top five. All three young ladies are looking forward to representing Owen County at the State Fashion Revue again next year.



KADF Cost-Share Program Results in Farms that are More Profitable, Sustainable and Diverse

Due to declining world-wide demand for tobacco products, tobacco sales have fallen from a high of over 60%, to a current value of 12% of the total value of agriculture products sold in Owen County. House Bill 611 and the implementation of the Kentucky Ag. Development Fund (KADF) Agriculture development Fund has allocated over \$2.5 million over a 14 year period to be used to assist a restructuring of Owen County Agriculture to alleviate financial problems caused by a loss of tobacco income.

The nine members of the Owen County Agriculture Development Board, in cooperation with the County Extension Agriculture and Natural Resources Agent, have worked hard to maximize the use of the KADF cost-share funds to achieve the County goals of increasing capital investments for livestock enterprises, infrastructure development to enhance the marketability of locally sourced agriculture products and the development of non-traditional crops and agriculture products in Owen County. The ANR Agent has conducted various training sessions and tours where the Owen County KADF cost-share



program recipients completed the educational requirements for their project.

During the program year 2014-15, fifty one Owen County KADF program recipients received \$182,069.71 in cost-share funds for projects in the Agriculture Diversification, Large Animal, Farm Infrastructure, Fencing & On-Farm Water and Forage & Grain investment areas. This means that a total of more than \$365,000 was invested in Owen County through the KADF program resulting in farms that are more profitable, sustainable and diverse. The net impact of these investments has been greatly improved livestock genetics resulting in significantly heavier calf weaning weights, improved pasture utilization and conservation practices through the fencing and on-farm water development and a growing and more diverse agriculture industry that is less dependent on tobacco production.

FCS Certified Volunteers

Master Volunteers in Clothing Construction

- Debbie Primeau
- Julie Donahue

Champion Food Volunteers

- Elizabeth Prewitt
- Elaine Kelly

Owen County Farm and Craft Market

Purchasing fresh fruits and vegetables from your local farmers, as well as purchasing crafts from local artisans, continued to be possible in Owen County throughout the harvest season of 2015. This year, the Owen County Farm and Craft Market operated with a total of 15 active vendors. Eleven of those vendors offered produce, two offered mainly crafts, and two served hot lunches for purchase. Vendors continued to accept tokens from customers who chose to utilize the electronic payment system, with customers purchasing \$1,101.00 worth of tokens with Debit or Credit cards, and \$102.00 worth with EBT SNAP funds (Electronic Benefit Transfer of Supplemental Nutrition Assistance Program funds). During



2015, participation in the WIC (Women, Infants, and Children) Farmers' Market Nutrition Program was 24% vouchers being redeemed, at last report. The Senior Farmers' Market Nutrition Program keeps encouraging our senior citizen population to shop at the market as well.

Extension continues to be directly involved in the Owen County Farm and Craft Market, encouraging market patrons to learn about the nutritional value of fresh produce and its availability during the harvest season, as well as to vary their cooking experiences by preparing new recipes for their families. Each week a representative of the Owen County Cooperative Extension Service (typically the FCS Program Assistant and/or the SNAP-Ed Assistant) set up a booth at the market, giving away "Fresh From the Market" newsletters, "Plate It Up Kentucky Proud" recipe cards, "Kentucky Proud Produce Availability" calendars, "Vegetables Fresh from the Market: How Much to Purchase?" handouts, UK Extension "Monthly Health Bulletins," and a SNAP-Ed item - a hot-ticket item for the "regular" customers.

If a person is willing to track their fruit and vegetable consumption for a week, and prepare and review a "Plate It Up Kentucky Proud" recipe, then they are eligible to win a prize through the "Plate It Up Kentucky Proud Challenge" – which is an annual event. The participation in this challenge for Owen County increased 600% from 2014 to 2015, with three prize winners being drawn and given a small immersion blender. Not only because of the opportunity to purchase fresh fruits, fresh vegetables and crafts while supporting the local economy, as well as receiving educational information to support healthy individuals, families and communities, people frequent our farmers' market to sit down and have a nice lunch and socialize with others due to the amiable atmosphere created by its members.

Families Learn Basic Baking Skills with Practice

Growing the practice of home baking could not be more timely due to economic conditions and other societal changes. Many people today have less time to prepare meals and fewer cooking skills. When meals are cooked at home, you have more control over your nutrition and food budget. The fact is more meals are being prepared at home and extension is at the forefront in sharing skills and knowledge to not only current bakers, but future generations as well.



FCS Agent and two Champion Food Volunteers planned and implemented a four month series "Basic Baking Better" which was presented to 42 adults and 8 youth. The goal was to improve baking skills in quick breads, cakes, pies & cobblers, and yeast breads as well as increase the frequency of home baking year round with family members.

An evaluation was distributed to the participants with the results as follows since the workshop:

- 90% baked quick breads
- 81% baked pies & cobblers
- 91% baked cakes
- 100% yeast breads

Participants commented on the workshop: Learned information on types of ingredients and hands on experience such as kneading, tips I've learned from the program-I feel can replicate the same results at home.

Cloverville Pride



For Kentucky 4-Hers, having your winning county fair entries exhibited in "Cloverville" at the Kentucky State Fair is something to be proud of. We have a lot to be proud of in Owen County, as we entered almost 80 exhibits made by our 4-H youth. Six of our youth were awarded class champions for a total of eight entries. Congratulations to Kelsey Davis for being named Grand Champion in Horticulture and Plan Science for her upcycled rocking chair garden, as well as being named Reserve Champion in Sewing for her dress.

Owen Counties youth also had success in the show ring at the Kentucky State Fair.

Abram Phillips won 1st in swine showmanship for his age division, Amos Phillips won 1st in the swine breeding class-Showmanship in his age division and KY Proud Class, Canaan Phillips won 1st in the swine light weight class & Showmanship in his age division.

Also, Sydney Cobb took home the Reserve High Point Award for Contest Division 1 at the Kentucky State Horse Show in July.



4-H Certified Leaders

Shooting Sports

- Greg Hueser-Shotgun
- Darryl Hearn-Rifle
- Aaron Alexander-Muzzleloader
- Frank Stedam-Rifle
- Jason Wainscott-Pistol
- Travis Duvall-Archery, Tim Cammack-Archery
- Ryan Wilhoite-Shotgun
- Mary Wilhoite-Club Leader

Livestock

- Asa & Alesha Phillips
- Audra Perkins

Horse

- Paula Gatewood
- Rachele Cobb

Organic Egg Production Facility Developed



Egg Innovations, a company based out of Warsaw IN, which produces organic, free range eggs under the Egg Innovations and Blue Sky brands has developed a production facility in north-eastern Owen County. Egg Innovations has entered into a partner-

ship agreement to establish three 20,000 hen production facilities. Each includes a 50'x520' barn and up to 50 acres of free-range pasture area. The first barn began production in March, 2015 and the two additional barns with an additional capacity of 40,000 laying hens started operation in June. At peak production, each barn will produce up to 500,000 eggs each year.

The Owen County Agriculture and Natural Resources (ANR) Agent met with representatives of the Owen County Chamber of Commerce about to discuss the potential economic impact of the Egg Innovations production facility on Owen County. UK Extension Poultry Specialists and UK Extension Ag. Engineering Specialist were contacted to get an estimate of natural gas usage required to maintain temperature in the poultry barns. An economic feasibility study on extending the existing natural gas pipeline from Hwy 127 to the construction site on Hwy 36 in the Jonesville Community.

In January 2015, a community meeting was held at the Owen County Extension Office with John Brunnquell, President of Egg Innovations, and ten ANR Agents from counties in the Northern Kentucky area. He expressed interested in establishing five additional egg production facilities in the area and is getting the word out to prospective farmers and he explained the requirements and opportunities for entering into a contract with Egg Innovations. On the evening of January 8th, representatives from Egg Innovations also met with 45 prospective farmers, local lenders, local government representatives and KDA representatives at the Owen County Courthouse to explain their company and present the opportunity for contract growers in the area.

SNAP-ED-Supplemental Nutrition Assistance Education Program

It's a program administered by the University of Kentucky Cooperative Extension Service to target low income families and individuals who are received, or are eligible for, the Food Benefit Program and provide them Nutrition Education through the SNAP-Ed Assistants. This program consists of various lessons taught monthly in order to see improvement in families; after 12 months families graduate.



The goal is to education limited resource families with young children and SNAP eligible individuals to:

- Plan nutritious meals
- Improve the likelihood that this audience will make healthy choices within a limited budget
- Choose physically active lifestyles
- Achieve and maintain good health
- Avoid running out of food
- Prepare and store food safely
- Improve food preparation skills
- Change behavior

All of the above is necessary to have a healthy lifestyle consistent with the current Dietary Guidelines for Americans and the MyPlate.gov recommendations.

Mimi Quiroz is the newest SNAP-Ed Assistant for the Hispanic Families in Owen, Carroll and Gallatin Counties; her job is to teach Nutrition Education to eligible families and seniors. She says: This is not just a Nutrition Education Program it is an amazing "Life Changing Program". The lessons are not only about nutrition and food, but how to improve their quality of life, acquire good manners, develop new skills, interact with the community, and build a better future. With Kentucky having such high poverty and obesity rates there is lots of work for everybody to prevent related illnesses. Also, there is another SNAP-Ed Assistant position for Owen County families.

COOPERATIVE
EXTENSION
SERVICE

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KENTUCKY
College of Agriculture,
Food and Environment

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Cooperative
Extension Service**

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Changing Lives*

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