EXTENDING KNOWLEDGE
Changing Lives
IN SPENCER COUNTY

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

Spencer County Farm To Table Meal
Bryce Roberts, CEA for ANR

One of the most popular phrases we hear now is “Buy Local” and the Spencer County Cooperative Extension Service hosted the first Farm to Table Meal in September 2013 to highlight that healthy meals can be produced solely by products grown in Spencer County. A committee made of members of all of the Extension Program councils worked with a well-known local chef and members of the Taylorsville Farmers Market to plan and host a 5 course Italian dinner. All of the food prepared and served by the chef came from those who are members of the farmers market, with products including beef, pork, vegetables, breads, and desserts. Those who provided the ingredients for the meal were also invited to set up booths at the Farm to Table meal to sell their products. More than 150 people paid $20 each to participate in the meal with the proceeds helping to sponsor the Spencer County 4-H Meats judging team trip to the National Meats Judging Competition in Denver. After the Farm to Table meal, the Farmers Market participants reported an increase in sales of their locally produced items because of the publicity of the event and from follow-up buying by those who were in attendance at the meal that evening. By hosting this meal, the Spencer County Cooperative Extension Service was able to highlight the healthy agriculture and horticulture products grown in our county.

Priority Program Efforts

- A total of 5071 people are now involved in addressing significant community issues
- 1067 youth made an impact in their community through service projects
- 50 local residents implemented practices that promote sustainable agriculture
- 250 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 2845 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 9868 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 2574 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 6142 youth and adults demonstrated informed and effective decision-making skills
- 75 individuals incorporated new or additional conservation practices.
Camp Leadership
By Mollie Tichenor, CEA for 4-HYD

4-H Camp is one of the essential programs for the Kentucky 4-H Program. Campers might go to camp nervous and uncertain about what’s to come, especially those that have not been away from home before, but they soon find themselves meeting new friends, learning new skills and activities. This would not be possible without the Summer Camp Staff, Adult and Teen Volunteers. Camp goer’s also receive a dose of the 4-H program by attending volunteer led classes such as crafts, nature, rifle, and fishing along with the classes taught by camp staff including swimming, high ropes, low ropes, recreation, canoeing and so much more.

Youth love going to camp and learning new things, adults, teens and campers alike. This fact just proves that there is something for everyone to do at camp. During the 2013 4-H Camp Disney Where the Magic Begins, 114 campers, 11 teens, 13 adult volunteers, 1 summer intern, 1 Program Assistant, and 1 4-H Agent from Spencer County spent the week at Lake Cumberland 4-H Camp and had an amazing time. This was the largest group to attend 4-H Camp from Spencer County. According to the campers surveyed in our camping group, Bullitt, Pulaski, Spencer, Trimble Counties, 88% tried something new at camp and 95% made new friends at camp. This is mainly to the great leadership team that Spencer County takes to camp. 85% of the campers surveyed said that their cabin leaders, including both adults and teens, cared for them above an average rate. With these great percentages it is a fact that 4-H Camp is becoming more and more important to our youth and volunteers every year, which is the perfect situation to have repeat campers and volunteers.

During this hard economic time, it is harder and harder for caregivers to provide the opportunity of camp to their children. To help with this the 4-H Agent and Family Resource and Youth Service Center Directors are reaching out to community organizations to donate scholarships and matching it to those families that are truly in need for this aid. The amount of scholarships is gradually increasing every year,

Maximizing your Dollars in Retirement
By Allison Lewis, CEA for FCS

Kentucky’s unemployment rate is consistently higher than the national average, at 7.7 percent in 2014. During these tough economic times education on financial planning, budgeting, and retirement is very helpful especially for the aging population. To address these issues the Spencer County FCS Agent taught the homemaker lesson maximizing your Dollars in Retirement to all seven counties in the Louisville Area. The curriculum consisted of information on flexible and occasional expenses, spending strategies, retirement investment options, how to create a family plan, how to get out of debt, and available resources in the community. At the end of the lesson there was a survey for hommakers to fill out. A month later a follow up survey was mailed to them to determine the impact of the program and to see if there were any behavior changes.

Results of the follow up survey showed:
* Many looked into different retirement investing options
* That many created a budget
* Most tracked their spending behaviors
* Some prioritized their spending
* Many starting saving more money

Due to the Maximizing your Dollars in Retirement lesson participants learned how to better management their money for retirement by tracking their spending and applying a savings plan. In doing this they can educate others on cost saving, budgeting tips and retirement options, which will lead to less financial help, bankruptcies, outliving your retirement savings and possibly less unemployment in the future for the communities.

Community Members Enjoy Farm to Table Meal

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because of the demand for 100% camp scholarships. In 2013 nine scholarships were given to local youth. These scholarships were donated from the Spencer County Soil Conservation Board, CAN (Community Action Network), the Spencer County Homemaker’s Council, the 4-H Shooting Sports Club, and the Spencer County 4-H Council, adding up to a grand total of $1,530 collected to send local youth to 4-H Camp. These youth are selected by the Family Resource Youth Service Center Directors, with the 4-H Agent and 4-H Council securing the scholarship donations from community organizations. This has been a true asset to our county 4-H camping program; because youth who would never have the opportunity to go to 4-H Camp are taking full advantage of not only camp but the entire 4-H Program in Spencer County now because they have seen what 4-H has to offer them.

Spencer County 4-H Camp

Spencer County Ag Day
By Bryce Roberts, Allison Lewis, Mollie Tichenor

Spencer County Ag Day was a huge success in the fall of 2013. All of the elementary age students enrolled in Spencer County Schools, grades kindergarten to fifth from both of the elementary schools, participated in this event, reaching nearly 1,200 students with over 60 volunteers assisting.

The Centers for Disease Control and Prevention reported on average, 113 youth less than 20 years of age die annually from farm-related injuries (1995 -2002), with most of these deaths occurring to youth 16-19 years of age (34%). Of the leading sources of fatal injuries to youth, 23% percent involved machinery (including tractors), 19% involved motor vehicles (including ATVs), and 16% were due to drowning.

Spencer County Youth Learn About Rabbits at Ag Day

The Spencer County Extension Office, along with the Elementary Principals and Counselors saw the need to bring Ag Day back to our county because of the statistical information above. Several community partners were sought out to make this event a reality. The Spencer County Farm Bureau provided lunch for all of the booths and volunteers. Spencer County FFA students served as hosts for each of the classrooms. The Spencer County Board of Education provided buses for Taylorsville Elementary to get to the field at Spencer County Elementary for the event.

The Kentucky Department of Agriculture Mobile Ag Center, the Kentucky Department of Agriculture Mobile Forage Trailer, Kentucky Cattleman’s Association, Beekeeper’s Association, local youth with sheep, cattle, rabbits, poultry and horses, local farmers with tractors and a combine, mum farming, agricultural communications, ATV/motorcycle safety, Salt River Electric, Spencer County EMS, and Taylorsville/Spencer County Fire Department Water Safety with the water rescue boat all participated in this great event.

The youth of Spencer County not only learned about local agriculture, but safety. It is the goal of the Spencer County Extension Office that Spencer County youth will not make the statistics above.

Summer Enrichment Program
By Bryce Roberts, Allison Lewis, Mollie Tichenor

The Spencer County Summer Enrichment Program is an educational program in conjunction with summer school for elementary and middle school aged children. The 4-H agent, along with the FCS and Ag Agents provided educational life skills to over 150 students. Life skills such as basic nutrition, windowsill gardens, crafts, and body imaging were topics that were covered. Following the Summer Enrichment Program teachers reported that students had increased knowledge of healthy eating and an invested interested in helping their parents garden. Teachers also reported increased acceptance of one’s personal appearance among
many of their students. When students participate in summer enrichment taught by the extension office they learn how to identify and grow healthy food, which leads to healthy eating habits and reduced risk of obesity in children. Also participating in this program allowed students to become aware of body imaging and to accept their appearance as well as other’s appearance, which in the future will lead to positive self-esteem and less bullying among students.

Local Youth Participate in Windowsill Gardens

Healthfair and Readifest
By Bryce Roberts, Allison Lewis, Mollie Tichenor

Over the past several years, the Spencer County Healthfair and Readifest have continued to grow and expand into one of the largest events of the year. It has grown in importance as well to help provide families with health screenings and school supplies right before the school year starts. The 2013 event was more popular than ever.

The 2013 Healthfair/Readifest was a collaborative program planned by the Spencer County Cooperative Extension Service and the Family Resource/Youth Service Center. There were several other groups who helped sponsor the event with monetary and time donations. Churches and other local businesses also donated school supplies.

The goal of this program is to help improve the community’s health for both adults and youths and to insure school age children have needed health checkups and school supplies before the first day of school. For a program of this size and scope, the sponsors want to reach the entire community and the way this is accomplished is by sending an informational flyer to every mailbox (8,700) in the community. It is also advertised in the local newspaper. The Cooperative Extension Service not only had a booth set up, but it also sponsored the full cost of postage for mailing the flyers.

Throughout the 3 hour event, adults and children visited over 60 booths where they could get checkups for their eyes, ears, teeth, cholesterol, blood pressure, and blood oxygen, for no cost. Participants can also receive information on various health topics, including cancer prevention, bicycle safety, mental health, health insurance, and physical fitness. Children also received school supplies, which included pencils, crayons, paper, notebooks, backpacks, markers, and other items needed for school. This helped reduce the amount of money that families have to spend for these needed supplies.

The results for the 2013 Healthfair/Readifest exceeded. There were over 1,300 people that participated. In-kind contributions for volunteer hours were over $18,000 and it was estimated that over $15,000 worth of supplies was given out during the event.

Spencer County Program Assistant Tonya Tucker and Family and Consumer Science Agent Allison Lewis at Healthfair / Readifest