

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.



Home of the Spencer County Extension Office, located at 100 Oak Tree Way, Taylorsville, Kentucky.

Nutrition & Money for K-2 **By Allison Lewis, CEA for FCS**

Most habits are learned as children. This is why children need to learn good practices that will continue into adulthood. For this reason the Spencer County FCS agent and program assistant taught 9 elementary class rooms, over 230 children in kindergarten- 2nd grade, basic nutrition and budgeting skills once a month for 4 months. Children learned about MyPlate, proper food portions, calories intake, and the five different food groups. They also learned the different forms of money, how to counts money, the difference between a savings and checking account, and the difference between needs vs. wants.

Teachers in each classroom were giving pretest and posttest to access the knowledge gain from their students. Teachers reported that their students where choosing more fruits and vegetables as a result of this lesson, knew the five food groups, the importance of money and how to use it, what a debit card was and that you had to have money in the back to actually use it.

Due to these lessons youths have been educated on healthy nutrition choices and how to spend and save money. They can use this information to maintain a balanced diet throughout life, be financially responsible adults in the future and teach others to do the same. This will in turn cause people in the community to make more nutritious

Priority Program Efforts

- A total of 5110 people are now involved in addressing significant community issues
- 1125 youth made an impact in their community through service projects
- 150 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
- 2855 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 9873 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 2585 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 6165 youth and adults demonstrated informed and effective decision-making skills
- 75 individuals incorporated new or additional conservation practices.

choices, resulting in fewer health problems and less medical services in the future. It will also cause people to manage their money and allow for less people to get into financial trouble and to continue to have a flourishing economy.

Truth and Consequences

By Allison Lewis, CEA for FCS & Mollie Tichenor, CEA for 4-H YD

Spencer County, with a population of 17,637 from to the 2013 United States Census Bureau, continues to recognize the need for aid with substance abuse issues. According to the KASPER Trend Report in the first quarter of 2014, there were 592,788 controlled substance prescription usages in the Spencer County community. The 2012 Kentucky Incentives for Prevention (KIP) data for Kentuckiana region, where Spencer County is located, revealed a decline in tenth grade students using narcotics or prescription drugs in the past thirty days, but 4.9% are still using in our region. Although the percentage of student prescription drug use has decreased from previous years, there is still a strong need for substance abuse prevention and intervention in Spencer County.

240 freshman students participated in Truth and Consequences: The Choice is Yours for the first time in Spencer County on October of 2014 to learn the physical, legal, financial, and emotional consequences of substance abuse. 57 community partner and adult volunteers participated in this event as well. The freshman were divided into two groups with half listening to a speaker whom has been through a drunk driver accident herself and the rest utilizing the Truth and Consequences scenarios.

Pre-test measures revealed that 60% evaluated knew it was illegal for parents to provide alcohol at a party for underage youth. 82% think it is not ok to give your prescriptions to a friend of he/she is having the same symptoms. 79% of the freshmen responded false to sharing or selling your prescription medication is legal because your doctor prescribed it and it's your property. Post-test measures revealed Truth and Consequences had a positive impact. As a result of this program, 80% of youth reported it was illegal for parents to provide alcohol at a party for underage youth. When asked if it is ok to give your prescriptions to a friend if he/she is having the same symptoms, 94%

responded false. 88% responded false when asked of sharing or selling your prescription medication is legal. As a result of Truth and Consequences, youth had a more accurate understanding of the consequences of using other substances such as alcohol, marijuana, synthetic drugs, and methamphetamine.



Community Pastor Bill Dunning volunteers at Truth and Consequences



Kelly Samples McNew shares her story with 9th graders at Truth and Consequences

Spencer County Farm To Table Meal Allison Lewis, CEA for FCS, Bryce Roberts, CEA for ANR, & Mollie Tichenor, CEA for 4-HYD

The phrase we are hearing more often is “Grow Local Buy Local” and the Spencer County Cooperative Extension Service hosted our second annual Farm to Table Meal in August 2014 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, desserts, and mums for decorations. More than 170 people paid \$25 each to participate in the meal with the proceeds of more than \$1,900 helping to sponsor new Spencer County 4-H programs. 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. Many of the participants told the staff that by having this meal, they will increase their purchases of locally produced items. By hosting this meal, the Spencer County Cooperative Extension Service was able to highlight the healthy agriculture and horticulture products grown in our county.



Local Chef Joshua Moore with 4-H Member Emily Roberts

Spencer County Elementary Ag Day
By Allison Lewis, CEA for FCS, Bryce Roberts,
CEA for ANR, & Mollie Tichenor, CEA for
4-HYD

The Centers for Disease Control and Prevention reports, on average, that 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. An estimated 14,000 youth were injured on farms in 2012 and 2,700 of these injuries were due to farm work.

The Spencer County Cooperative Extension Service, along with the Principals and Counselors from the two elementary schools, saw the need to continue Ag Day 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.

Spencer County Ag Day was another huge success in the fall of 2014. 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 1,300 students with over 60 volunteers assisting. Due to the impending threat of rain (which did occur), all of the activities were moved next door to the Extension Office. Most of the activities were held inside or under cover on the pavilion.

Some of the participants in the event included: Kentucky State University Mobile Lab, Kentucky Cattleman's Association, Beekeeper's Association, local youth with sheep, cattle, rabbits, poultry and horses, local farmers with tractors and a combine, agricultural communications, ATV/motorcycle safety, Salt River Electric, Spencer County EMS, Army Corps of Engineers, and Taylorsville/Spencer County Fire Department Water Safety with the water rescue boat.

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



Adam Butler talks to local students about combines and wheat production



Jillian Dunning talks to her class about rabbits

Welcome to Reality
By Mollie Tichenor, CEA for 4-HYD

Today's youth have never given a thought of paying bills and that was the goal of the Spencer County Extension Office with the 4-H Reality Store. In March of 2015 nearly 220 Spencer County Middle School 8th grade students were given the opportunity to understand the importance of their decisions.

Spencer County Cooperative Extension Service provided the reality based financial program where all of the 8th grade students learned the "reality" of being an adult. Each of the students chose a career bases on their current GPA and drew for the number of children that they would have out of a hat. Before the Reality Store occurred "Uncle Sam" took care of taxes, leaving each student with their spendable monthly income. With the help of over 25-community volunteers, Youth Service Center Staff and Extension Office Staff students had their reality checked paying for the bills that an average 25 year old would experience. Several had to get a second job to pay for their house, car, clothing, groceries, entertainment and much more. This year student loans were even added as a booth, making the youth aware of the affordability of secondary education.

As a result of the Reality Store 75% stated that they would focus more on their grades in High School. The 8th graders realized the importance of their education in relation to their future careers and how expensive it really is to be an adult, with or without children. 84% also said they would make wise financial decisions as a result of the Reality Store. After this event 95% of the students said they will continue their education after High School.

The 8th grade Reality Store enlightens participants

to be better educated about the "Real World". This program will hopefully lead more youth to gain a higher education, in return benefits Spencer County by having more youth giving back to their community in the future. The majority of the community volunteers this year were former Spencer County High School graduates wanting to help the 8th grade students learn the truth about their future



City Police Officer Damon Jewell writes citations during Reality Store



Child Care is a very important booth at Reality Store

COOPERATIVE
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**The Spencer County
Cooperative
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*Extending Knowledge,
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