

EXTENDING KNOWLEDGE *Changing Lives*



IN TAYLOR COUNTY

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



Priority Program Efforts

- A total of 171 people are now involved in addressing significant community issues
- 11 youth made an impact in their community through service projects
- 107 local residents implemented practices that promote sustainable agriculture
- 133 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 138 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 263 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 47 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 14 youth and adults demonstrated informed and effective decision-making skills
- 22 individuals incorporated new or additional conservation practices.

EXTENSION FARM FAMILY FIELD DAY

After a request from the Extension Council leadership, a Family Farm Field Day was hosted in cooperation with the Taylor County Extension Service with approximately 190 participating. Family and Consumer Science activities included beef recipes, food preservation and food safety and nutrition bingo. Youth activities included making trail mix (a healthy snack), scavenger hunt, games and a miniature llama. Agriculture activities included fly control, beef synchronization, bull selection, feeding the replacement heifer and grain production. A bull selection contest was conducted with a youth and an adult winning prizes.

Community support was excellent with over \$1,000 worth of door prizes donated and over \$2,000 for meal sponsorships.

A participant said it was one of the most extensive field days he had been to. There was literally something for everyone.

BEEF BASICS PROGRAM

With beef prices at record highs, interest in beef production from new producers has increased rapidly. A Beef Basics Program was offered to producers by the Adair, Green and Taylor County Cooperative Extension Services with seven Taylor County producers participating. The eight week program was designed to provide beginning beef farmers with fundamental information and hands-on learning about the management of a cow/calf beef operation. As a result of participating in the program, six hay samples were analyzed with two rations developed. One producer has implemented a planned breeding season. One producer stated, "After visiting the stockyards today, I now understand why similar cattle are valued differently. It is now easy to see how I manage my cattle impacts their value."

FARM BILL - DAIRY & GRAIN

With the new Farm Bill, the Milk Income Loss Program (MILC) ended and the Milk Price Protection (MPP) was established. With MPP being the new safety net for dairy producers, an educational program was developed to discuss how it could be used to provide a much needed safety net. Forty-six producers from the Central Kentucky Area participated. Seven Taylor County producers signed up for MPP.

A leader requested an informational meeting on the Livestock Gross Margin (LGM) program that was also being offered as a safety net program. This is a national program that had not been available to most Kentucky dairymen due to lack of subsidy monies. Fourteen dairy producers participated in the meeting with seven Taylor County producers signing up in the L.G.M. program at \$13.50 margin and saving over \$125,000 in premium costs compared to the MPP program.

Over 50% of Taylor County dairymen signed up for a safety net program.

The Secretary of Agriculture announced a timeline for landowners and farmers to make decisions as part of implementing the 2014 Farm Bill.

A Center of Kentucky Farm Bill update was conducted at the Taylor County Extension Office to provide landowners and farmers with information related to risk management. The participants learned about the programs and were provided scenarios and formulas for each of the programs.

At the end of the signup period, 569 farms (61%) of eligible farms representing 99% of the base acres

"I've heard the Farm Bill presentation before, but I understand it better after working through the scenarios."

had selected the best risk management option for their farming operation. Approximately 118 producers representing approximately 2,900 acres were recommended to sign up in ARC County. With the current corn marketing year average price, approximately \$75,000 will potentially be realized over the other risk management options.

MANAGING OUR WOODLANDS

Of the 79,000 forested acres in Taylor County, 59,000 acres are privately owned. According to the Division of Forestry, the vast majority of woodlands are not managed. The Taylor County Cooperative Extension Service, University of Kentucky Forestry and the Kentucky Division of Forestry held a Fall Forestry webinar to educate and motivate woodland owners to manage their forests. Eleven landowners representing 950 acres of forestland participated in the five series Forestry webinar. According to a post-test survey as a result of the program, 63% gained knowledge of how to better manage their woods and five landowners representing 380 acres will implement practices to improve woodland acres.

A two-day educational series for Master Loggers was also held where 23 Master Loggers participated. This series enabled loggers to stay current on new innovations, laws and regulations, and best management practices related to timber harvest.

EFNEP

The Expanded Food and Nutrition Assistant worked with high school students at Campbellsville Independent school on a monthly basis, in Family Consumer Classes and in the 21st Century After-School Program, during the 2014-15 school year. Teaching nutritional facts can be dry to teenagers, but including them in a cooking lab made it a more enjoyable experience. Many of the students expressed enthusiasm each month for learning new skills, such as microwaving bread pudding and learning to stir fry. One student expressed that he did a lot of the cooking at home, as his mother worked late hours, and he enjoyed giving them a new spin with ingredients his family liked. Another said he wanted to get

the recipe so he could make it that night at home. The students in the after-school program learned more cooking skills such as how to pare vegetables and fruits, and preparing main and side dishes from the 2015 Nutrition Calendar. In learning about including yogurt and fruit in snacks, one student discovered she liked vanilla yogurt with fresh fruit, even though she expressed she did not like yogurt.

EXTENSION HOMEMAKERS

Taylor County Extension Homemakers are leaders on county, area and state levels. In 2014-2015, Extension Homemakers in Taylor County raised a total of \$1,727 at their annual bean soup luncheons and \$1,258 at their holiday Bazaar to fund three \$500 scholarships to students at Taylor County High School and Campbellsville High School. They also provided \$250 in 2.5 4-H camp scholarships, donated \$100 to Taylor County and Campbellsville Project Graduations, as well as, donated \$100 to the local Backpack Program. Membership has grown to 217 in 7 clubs and at large members. Extension Homemakers also hosted a number of community projects including 2 Red Cross Blood Drives where 63 pints were donated and 391 pillows were made for cancer patients, and catered the Purity Gala for fathers and daughters. A Facebook page was used to reach out to our local community and recruit new members. Finally, the Taylor County Extension Homemakers have had a total of 203 participate in the Ovarian Cancer Screening. They also continue to maintain the park mound, uphold the recycling education program, and hold leadership luncheons for their members. The respect they have earned and skills they have learned make them great spokespersons for the Taylor County Cooperative Extension Office and the University of Kentucky Cooperative Extension Service.



PROMOTING PHYSICAL ACTIVITY

According to Kentucky Health Facts, 41% of Taylor County adults lack in physical activity, compared to 30% of Kentucky adults. 35% of adults in Taylor County are also obesity which is 3% higher than the Kentucky average. Moreover, 58% of adults in Taylor County are considered overweight. To address this concern, the Taylor County Cooperative Extension Service collaborated with a number of organizations, individuals and businesses to bring awareness to our lack of physical activity.

Extension, with the help of the Taylor County Wellness Coalition, initiated Second Sunday, a statewide event that encourages all forms of physical activity in the comforts of local community, and is designed to get Kentuckians on their feet and moving. A symposium was also hosted by the Extension Service to introduce the Governor's Trail Town concept. Citizens readily bought in and formed partnerships such as Bike Friends of Campbellsville as well as our Trail Town Committee. Several new biking and hiking trails have been developed and sidewalks are being laid in the city to allow safer walking conditions. Businesses and local government have installed numerous bike racks along the city and classes on bike safety were hosted as well as a video that plays at the local cinema before each movie. Extension hosted its second Trail Walking 101 to introduce families to the available trails and will continue hosting in the spring of 2016. More people are participating in physical activity programs such as "Matter of Balance." Plans are underway to for the "2016 Healthy Family Challenge" to give families a way to get healthy together.

4-H 4 ALL

In order to promote and create awareness of the Taylor County 4-H Program to the community, the local council planned and implemented a large scale event. Over \$800 in items were donated as door prizes or given as monetary donations. Approximately 200 youth discovered the variety of 4-H projects and activities available to them from sewing on a sewing machine, planting a seed, driving a pedal tractor around an obstacle course to visiting with farm animals. Participants engaged in "hands on" activities as they traveled to each booth. What better way to show people what 4-H is all about and to go along with the 4-H mot-

to, "Learn by Doing."

Over 70 kids signed up to be included on club mailing lists. Many of these children will go on to participate in 4-H and according to a Tufts University study, youth who participate in 4-H are 4 times more likely to attend college.

Each booth was also staffed by a 4-H member and a volunteer and/or leader who were familiar with that particular club or activity. Over 60 youth and adult volunteers helped in every aspect of the event from planning, set-up, manning a booth and take-down. 4-H 4 All has been a success for the past six years with plans already underway for next year.

HANDS ON ACTIVITIES TEACH LIFE SKILLS

Students in Taylor County have participated in a variety of hands on activities during school clubs learning various life skills including how to design and launch rockets as a part of National 4-H Science Day where they worked with a partner to design a rocket.



Students also designed and tested wind turbines and recorded the amount of wind energy they created using a multimeter. Fifth graders learned how to make plain muffins and 4th graders prepared pasta salad while learning the importance of eating foods from the grain group and what nutritional benefits foods from this group provide our bodies. More than 75% of kids tried a new vegetable for the first time.

HEIFER CHAIN IMPACTS YOUTH

The Cattleman's Association administers a \$10,000 grant from the Tobacco Master Settlement Funds to support the Youth Heifer Chain project. The goals of the project are to encourage involvement in the dairy and beef industries, learn proper animal husbandry, personal responsibility and pride. Sixty-four participants have received heifers since the program's inception

with some participants never owning livestock before.

As a result of the Heifer Chain program, more youth are showing their animals at the county fair and beyond. At the 2014 Kentucky State Fair, 15 youth from Taylor County showed animals in State Fair Shows. One youth received Champion Heifer and Kentucky Grand Champion Heifer and another youth won Champion Hereford Heifer and the Reserve Champion Bull Calf in the Open Show. Showing an animal develops life skills that follow a child into adulthood.

Year after year, parents of participants say the Heifer Chain program is the best thing their child is involved in. Because of the interest in showing and in the beef and dairy industry, a Jr. Cattleman's Association has also been established with approximately 17 members.

4-H CAMP MAKES AN IMPACT

Youth who attend 4-H Camp acquire vital leadership skills, learn responsibility and gain social interaction skills as well as gaining an understanding of nature and our environment. Eleven local businesses and individuals donated \$1,066.00 which allowed fifteen youth to attend 4-H Camp. Their experiences and memories made at camp would not have been possible without the generosity of the community.

Fifty-eight youth attended camp with nineteen attending for the first time. Fifty-four campers made a new friend/s at camp. 79% learned something at camp that will help them at home, school, or other places. 93% felt good about something that they accomplished at camp. 89% were responsible at camp by taking care of themselves and their belongings, cleaned up after themselves and were on time all or most of the time at 4-H Camp.

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College of Agriculture,
Food and Environment

**The Taylor County
Cooperative
Extension Service**

*Extending Knowledge,
Changing Lives*

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