

EXTENDING KNOWLEDGE *Changing Lives*

IN TODD 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 10 people are now involved in addressing significant community issues
- 15 youth made an impact in their community through service projects
- 20 local residents implemented practices that promote sustainable agriculture
- 5 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 35 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 200 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- More than 1,000 individuals received information on making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 35 youth and adults demonstrated informed and effective decision-making skills
- 5 individuals incorporated new or additional conservation practices.

Farm Bill Commodity Education

During the 2014-15 program year nearly 200 farmers were educated about the 2014 Farm Bill commodity program and assisted with Farm Bill decisions. These producers operated at least 500 farms with 50,000 to 75,000 acres of cropland; and with Farm Bill elections that will likely generate several million dollars in program payments over the five years of the Farm Bill.

The 2014 Farm Bill, which was enacted in February 2014, included a new program for grain and oilseed producers covering crop years 2014 through 2018. The new program is more complicated than previous commodity programs, and offered farmers opportunities to prove crop yields, reallocate crop bases and choose price protection (Price Loss Coverage or PLC) or revenue protection (Agricultural Risk Coverage or ARC) for their farms. Signup began in mid-November 2014 at USDA Farm Service Agency (FSA) offices and ran through early April 2015.

Educational efforts to help farmers understand the Farm Bill began in August 2014, and included news articles, meetings, and individual consultations. Two producer meetings were held in Todd County and two more meetings were held jointly with Logan County. Approximately 125 farmers attended these meetings which provided producers with detailed information about the grain program and examples of how the revenue (ARC) and price (PLC) protection options would work. These programs covered all of the decisions faced by farmers and landowners, and were conducted in cooperation with the local Farm Service Agency offices.

Agent efforts included developing educational presentations and handouts for meetings and creating an Excel spreadsheet that would do farm-specific comparisons of Farm Bill options for producers. Using this spreadsheet the Agriculture Agent also worked individually with approximately 75 more farmers and land owners to help them better understand the Farm Bill and to evaluate their individual farm signup situations.

Super-Star Chef

The Extension Agent for **Family and Consumer Sciences** taught a basic food preparation class after school at the middle school. When asked what they would like to learn, the students replied they did not get many fresh fruits and vegetables at home, and they wanted to learn to eat healthy because so many people are unhealthy.

During the first two classes, the students focused on knife skills--washing and cutting fruits and vegetables to make simple recipes. Throughout the other classes, the students were exposed to whole grains, taught about portion control, making half the plate fruits and vegetables, and table manners. Students learned to make sweet potato biscuits, salsa, vegetable stir-fry, easy mixed fruit, low-fat hot chocolate mix, oatmeal with fruit, and stove-top popcorn.

The students were asked what they liked about the class, to name things they learned, and how they would use what they learned. *They liked:* hands-on cooking; learning techniques; getting to cook for other people; and having fun while

learning. *They learned:* placement of forks and spoons; table manners; healthy ways of snacking; how to dice veggies. *They also:* tried different foods (zucchini, cilantro, etc.); learned how to hold and use different knives to slice and dice; made healthy snacks; and to enjoy what life gives you.



Quote: "In class we made pumpkins out of oranges and celery and my family and I made some at home when I told them how." - Super Star Chef Participant

Blankets for Children in Need

Todd County Extension Homemakers applied leadership and sewing skills learned from Extension **Family & Consumer Sciences** programs to address local children in need.

Using 250 yards of fabric, and a local sewing shop, eighteen Homemakers ironed, measured, cut, surged, sewed, tied, and packaged flannel and fleece blankets. During a 7-hour period, homemakers completed 30 baby blankets and 50 child-size blankets.



The blankets were presented to representatives from HANDS, EMS, Department for Community Based Services, the Sheriff's Department, and other first responder agencies. Recently, the Extension Office was contacted by the Department for Community Based Services and was told how a teen girl who was removed from a meth home, received one of the blankets, and how grateful she was to have something of her very own.

4-H Performing Arts Troupe



The 4-H Performing Arts Troupe is a statewide vocalist group that provides an opportunity for 4-H

youth to promote and share with others, the excitement, leadership and talent evident in 4-H. This high school aged group is composed of talented singers, dancers, musicians and stagehands. Todd County 4-H has 5 4-H members on the troupe who perform at conferences, schools, assemblies and other events throughout the year. Youth involved in performing arts gain self-confidence, leadership and training in voice, stage presence and career preparations in the fine arts. The 4-H Performing Arts Troupe is an outstanding opportunity for 4-H'ers to pursue their love of music.

Basics of Lime and Liming Education

Anyone who took an agriculture class in high school knows that having the correct soil pH is the foundation for successful crop production. Having the proper pH enhances the activity of other crop inputs such as fertilizer and herbicides, etc. Important plant nutrients are more available when the pH is in the 6.0 to 6.8 range, and toxic elements such as aluminum and manganese are less readily available. The purpose of liming is to



neutralize soil acidity, so that the soil pH may be maintained in the range that is optimum for crop plant growth.

The basics of liming are relatively simple, but there are misconceptions about liming products

and how they work to neutralize acidity; plus many farmers also don't understand about how our cropped soils become acidic over time.

Three liming educational programs were offered in Todd County this spring to provide farmers with a basic understanding of lime products and how they are used to increase soil pH when needed. The ANR agent worked with UK soils specialist Dr. Edwin Ritchie to develop the content of this program and assisted with teaching the classes. A total of 80 producers attended.

Evaluation of the program showed a favorable response. Many of the attendees indicated that they gained knowledge that should make them better managers of soil pH. Things learned included understanding what makes soils increase in acidity; which materials can be utilized to raise soil pH and which ones can't; how soil types affect the amount of lime required to change the pH; how calcium carbonate content and fineness determine the effectiveness of agricultural lime; etc. Still, getting producers to apply this knowledge on their farms will be a continuing Extension educational challenge.

4-H Summer Camping

Summer 4-H camps are places where children get the experiences they need to bolster their range of coping strategies.

There are the simple challenges of learning how to shoot a bow, going on a hike, or conquering a high ropes course. There are the much more complex challenges of getting along with a new group of peers, learning how to ask for help from others, or taking manageable amount of risks without a parent following after you. Psychology Today states that summer camps are the perfect places to help children develop their psychosocial development. The Todd County Extension Service - 4-H program provided this camping experience in



2015 when it took 98 campers to West Kentucky 4-H Camp. Thirty three adult & teen volunteers were an integral part of the camping week by demonstrating responsibility and leadership as part of the camp team. Over 20 camp classes such as nature, shooting sports, canoeing, recreation, crafts, horse and challenge course were offered to the campers. More than \$3500 was given to youth through the 4-H camp scholarship program allowing low income youth the opportunity to attend camp. An end of camp survey revealed that: 85% of the campers were responsible at camp; 96% made new friends; 94% tried a new skill at camp; 85% experienced a caring adult while at camp and 95.5% plan to come back next year. In addition to these results, 75% of the adults who volunteered had attended 4-H camp as a camper. These adults still felt a sense of belonging to 4-H and shared the love of camp.

4-H Fitness Club



The Todd County 4-H program provided a twelve week circuit training and nutrition education program to middle school youth to improve their fitness and nutrition

knowledge leading to a healthier lifestyle.

Building a positive body-image is a lifelong process. In Todd County, childhood obesity continues to be a problem. The Todd County Extension Service - 4-H agent and the Youth Service Center collaborated to provide a 4-H Fitness Club after school program to middle school youth this semester to increase strength and endurance; help youth become more physically active and educate students on proper nutrition and diet through a partnership with the 21st Century Learning Center. Thirty-two middle school students participated in the 12 week circuit training/after school program this Fall.

A circuit training log was used to measure input and output of training. Participants recorded the number of squats, wall jumps, curls, crunches etc. that were a part of the circuit training in intervals

of 30, 45 and 60 seconds. The end of program results showed great improvements in strength and endurance.

Healthier Comfort Foods

Sometimes, such as when the weather gets cooler or during times of stress, people turn to food for comfort. According to research, some of the foods people turn to are high in calories, fat, and carbohydrates. The Todd County Extension Agent for **Family & Consumer Sciences** taught 9 classes on how to modify comfort foods to make them healthier. Ninety-one percent reported having a greater understanding of comfort foods; 90% learned more about triggers that cause them to eat; 92% increased their knowledge of making comfort foods healthier; 68% of the participants planned to modify comfort foods to make them healthier; 93% were going to try healthy recipes from the class; 77% planned to watch portion sizes; 71% planned to do something different instead of eating when they were craving comfort foods.

COOPERATIVE
EXTENSION
SERVICE



**The Todd County
Cooperative
Extension Service**

*Extending Knowledge,
Changing Lives*

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