

EXTENDING KNOWLEDGE *Changing Lives*



IN WEBSTER COUNTY

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



Webster County: Making a Difference in the Lives of all Residents

The Webster County Cooperative Extension Service continues its mission to bring research-based information from both land grant institutions (University of Kentucky & Kentucky State University) to local individuals and families. Cooperative Extension continues to make strides in serving a diverse group of clientele. Extension provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development and community and economic development. We hope that you will take time to review the programs highlighted in this report and we look forward to seeing you at one of our programs soon!

Priority

Program Efforts

- A total of 164 people are now involved in addressing significant community issues
- 53 youth made an impact in their community through service projects
- 386 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
- 15 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 716 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 204 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 731 youth and adults demonstrated informed and effective decision-making skills
- 17 individuals incorporated new or additional conservation practices.

Management Pays

Beef cattle brought in 7.9 million dollars in 2013 to Webster County cattle producers. 32.4% of the total farms in the county raise beef cattle. To maximize profit, bull selection and having a controlled calving season are crucial. According to the Beef Reproduction Specialist at University of Kentucky, College of Agriculture, Food and Environment, 55% of KY beef cattle operations don't have a set breeding season. Of those farms, 25-30% of the cows don't wean a calf. With current prices, that translates into an average of \$1350.00 loss per cow that is open or loses a calf. Webster County Extension worked with the beef reproduction and genetic specialist to offer "Improving your cattle herds". Producers were taught how to select the right bull for their operation. They were also taught how to transition their herds into a controlled calving season. 46 producers were in attendance. A pre and post exam was given to measure what the participants learned. There were 46 respondents. According to the test results, the overall score for the pretest was 53; the overall score for the post test was 87 resulting in knowledge gained! 34.8% correctly answered how long to feed MGA to anestrus cows on the pre-test; however, 98% correctly answered that same question on the post-test. 13.4% of the respondents correctly answered which group of traits crossbreeding impacted the most; more importantly 42.5% answered correctly on the post exam. In addition to the pre/post exam, the Agriculture and Natural Resources Agent interviewed selected producers 3 months after the meeting. Three producers began using MGA on their farms to transition into a controlled breeding season. One producer said, "I made money by attending this meeting."



World's Greatest Baby Shower



Webster County has identified a need for prenatal and newborn care to new and expectant mothers. Only 52% of pregnant women in Webster County receive prenatal care during the first trimester and have 10 or more prenatal visits. Due to this statistic the Webster County Family and Consumer Sciences Extension Agent collaborated with West Area Health and Education Center, Webster County Youth Service Center coordinators, Webster County Extension Homemakers and the Green River Area Health Department to sponsor the World's Greatest Baby Shower event, which is a free educational event for new and expectant mothers in Webster County.

The World's Greatest Baby Shower was held at the Webster County Extension Office. The event was advertised in the local newspaper, on the Webster County Family and Consumer Sciences Facebook page, included on the Webster County Extension's Digital sign, flyers distributed throughout the county and at our local head start offices. A total of 23 new or expectant mothers attended with guests. Majority of the participants heard about the Baby Shower thru friends, head start office and Facebook.

The event had 10 exhibitors for the mothers to visit, educational speakers on topics including: Baby Basics, Period of Purple Crying and Safe Sleep, The Importance of Skin-to-Skin for newborn infants and Moms. Refreshments and door prizes were also provided. Evaluations reported that 100% of the participants learned something new from the event. 90% thought the exhibitors were interesting and had useful information. Some comments from the event were: "You all do a good job to help parents where they won't be so scared," "This was very informational, super friendly staff and good experience," "information was wonderful, such a blessing, thank you!" One participant even called the Family and Consumer Sciences Extension agent a week later to personally say thank you for hosting the event and thank you to all the committee members for such a wonderful and needed event.

Food Preservation Basics

With cost of food rising, more families are growing their own gardens to help provide healthy fruits and vegetables for their families at a lower cost. To help families preserve their food and help it last longer than just the summer season, the Webster County Family and Consumer Sciences Extension Agent held a Food Preservation Workshop. Participants learned the basics of food preservation; including water bath canning and pressure canning. They also learned about food safety, proper techniques and equipment for food preservation, and some of the newest canning equipment.

Eight participants attended the workshop. 100% of them learned something new and all of them were attending because they have a garden and they want to save money and preserve their own food for better nutrition. One participant indicated that she had been preserving her produce for years but learned she was doing a few things incorrectly and would change that this year! Another participant texted the Family and Consumer Sciences Extension Agent a picture of the tomatoes she preserved following the class!



Team Challenge Camp



The Webster County 4-H Youth development agent along with other 4-H Extension Agents planned and coordinate the Team Challenge Camp, a 2 day camp held at West KY 4-H Camp. The camp was created to be very similar to the TV Reality Show “The Amazing Race” where participants were given a set of coordinates and had to use their GPS units to find the location of the challenge. Once they reached their destination, they were given directions for a specific task that they must complete as a team. Once completed, teams were given a set of coordinates for their next team challenge. On the first evening of the event, campers were taught how to use the GPS units and how they worked. They also were given several mini-challenges and ice breaker activities so that they could get to know other campers before the “Challenge” on the following day.

58 4-H Members in 5th & 6th grade were divided into teams and had to work together to complete 8 different challenges. Challenges were created using the 7 core curriculum areas (Science Engineering and Technology, Family and Consumer Science, Health, Communications and Leadership).

Throughout the course of the camp, participants wore pedometers to track the level of activity. On average, 4-H members walked approximately 10,000 steps during the Team Challenge, which is the recommended amount of steps per day. Following the event both participants and leaders completed surveys. Two of the most common answers for most valuable lesson learned during the event were the value of both verbal and non-verbal communications skills and teamwork. Many of the participants found that at first it was difficult to work with people that they did not know, but quickly realized how important it was to overcome that barrier in order to be successful as a team. Participants also commented on

the amount of physical activity that was involved with the event and noted that they realized how much physical activity they were lacking in their daily routines.

Healthy Teeth, Healthy Smile, Healthy Me

February is National Children's Dental Health month. Developing good dental habits at a young age helps children to get a good start on a lifetime of healthy teeth and gums. According to the Center for Disease Control, 1 out of 5 children (20%) 5-11 years of age, have at least 1 untreated decayed tooth. Although dental decay is preventable, it remains the most chronic disease of children ages 6-11. Children receiving dental sealants through in-school programs have 60% less decay in their back teeth.

The ANR, 4-H and FCS agents designed an age-appropriate dental health program for 202 Webster County Kindergarten students. The inter-active program consisted of a visual demonstration of how sealants protect against tooth decay. The students learned what to expect when they visited the dentist, by listening to "Berenstain Bears Visits the Dentists" book. The highlight of the program was when "Gregory the monkey puppet" taught them the proper way to brush their teeth and how important it was to keep their teeth healthy. The students demonstrated, on "Gregory", how to correctly brush their teeth.



Written surveys were given to 85 students immediately after the program. According to survey results, 86% of the respondents learned the recommended length of time (2 minutes) to brush their teeth; 99% learned how many times per day to brush their teeth (2 times). This program has turned into an annual program and is requested by teachers each year.

Outdoor Learning Center For Students

Agriculture literacy was identified by the Ag Advisory Council as a need for our county. The Webster County Extension Service partnered with the Webster County Conservation District and Natural Resources Conservation Service to begin our "Outdoor Environmental Lab". The lab was used to teach 5th grade students about soils, plants, gardening, nutrition and environmentalism, while reinforcing basic skills in math, reading and writing. The learning lab consisted of 6 raised beds at each elementary school. We developed and provided numerous lab pages for the teachers to use in their classrooms. The students had to put their math skills to work to determine the square footage in each bed. They also had to measure to determine where plants/seeds needed to be placed, according to the proper plant spacing guidelines taught in the classroom by the Webster County ANR agent. The students were also taught soil makeup, photosynthesis, marketing and how to use the bounty they produced.

According to the verbal survey results given in the classroom, the students learned "what soils are made of". They also learned how to plant a garden in a small space. According to an interview with a 5th grade math teacher, "students always ask how they will use math outside of school. This project was one of the very best examples of real-life math these students could have seen and been a part of".

The program now is in its second year. In addition to the elementary schools, 2 beds were placed at a daycare center, which is primarily Hispanic, and at Redbanks Nursing Home. The program is also being expanded to include the Webster County High School Vocational Agriculture program.

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