

EXTENDING KNOWLEDGE *Changing Lives*

In Anderson County

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



Turner Environmental Camp Fall 2014

4-H Environmental Camp

The Anderson County Extension Service, 4-H Youth Development, Agriculture and Natural Resources, Family Consumer Science Agents and Robert B. Turner Elementary 4th grade teachers supplemented the 4th grade curriculum, while allowing students to experience hands on activities. In collaboration we provided 87 youth opportunities to develop life-enduring skills such as teamwork, and responsibility in addition to the water quality, soil/erosion, mammals, bird study, heritage cooking, fishing, Kentucky History and much more. All of the classes were collaboration with Anderson County Extension Agents, Kentucky Fish and Wildlife, NRCS, University of Kentucky Cooperative Extension Service, and North Central 4-H Camp. 100% of parents and teachers stated they felt environmental camp was a worthwhile experience which they would like to participate in again. 99% of youth stated that they learned a skill that they will be able to integrate into their daily lives and or share with family members. Anderson County Extension agents look forward to planning more environmental camps in 2015.

Priority Program Efforts

- A total of 62 people are now involved in addressing significant community issues
- 85 youth made an impact in their community through service projects
- 15 local residents implemented practices that promote sustainable agriculture
- 87 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 185 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 638 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 2,632 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 1,222 youth and adults demonstrated informed and effective decision-making skills
- 290 individuals incorporated new or additional conservation practices.

Clover Kids

After 2 years of a successful Cloverbud afterschool program youth began to age out of the program. Youth aging out were surveyed on which current community clubs they would now join. 2 out of 25 youth had interest in joining a current club but all still had interest in being a 4-H member. This is when Anderson County 4-H Council along with County Extension Agent for 4-H Youth Development developed a new club. The club would serve youth 9-12 and would complete a variety of 4-H projects along with service learning, and leadership. The age range of 9-12 was chosen because youth can then transition to our Pre-Teen/Teen Club at the age of 13. The club has proven to be a success; all youth that aged out of Cloverbuds have joined Clover Kids and are in the process of completing projects.

4-H Summer Camp

The mission and objective of Kentucky 4-H camp is for youth to learn practical skills, develop effective interpersonal relationships, and develop social behavior. Anderson County 4-H was successful with these missions and objectives during our 2015 summer 4-H camp program. We had 67 youth, 6 teens, and 12 adults. Parents attended orientation in which they could prepare their camper for camp.

Over 20 camp classes were offered to our campers such as swimming, canoeing, archery, low & high ropes, fishing, and newly added drama. Campers participated in evening activities such as scavenger hunts and field Olympic Games.

Results from the camper evaluations showed that 93% of the campers learned to care of themselves, 98% completed and accomplished a new task and 90% made new friends.



2015 4-H Camp Participants

Dollars and Sense

The Anderson County 4-H Youth Development Agent implemented the 4-H Dollars and Sense program at Saffell Street Elementary 5th grade class. In a forty-five minute program, students received a \$130 allowance for a given month and they were allowed to spend their allowance at fifteen different booths (food, clothing, transportation, etc.). During the hands on simulation, students had to budget for their needs and wants and also had the responsibility of taking care of one or more pets.

A total of 78 students participated in the program, with the assistance of 21 adult and teen volunteers. A pre and post-survey was given to every student after the program that resulted in the following results: After the program, 46% of students believed it was a little difficult to manage money and 36% stated that it was very difficult to manage money, before the program 44% of students stated that they thought about the cost of an item before purchasing it- after the program- 71% of students stated that they would think about the cost of an item before purchasing it now. This is a 27% increase. Some things that surprised the students most were: How quickly you can run out of money- In order to save money-don't get the most expensive items-shop around- To save money -That money can be difficult to manage- That you have to pay taxes- To donate money to organizations- You should be careful what you buy- You need to choose wisely to have enough for the things you need- Don't spend all your money in one place.

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Hay Feeder Trial



Cattle eating hay out of the Bextra Bale Feeder. Waste was reduced on average 25% when using this feeder.

Many of the older style hay rings and feeders on farms today allow cattle to waste large amounts of hay because cattle pull it out onto the ground and then trample the hay. Our office has been working with UK Beef specialist to evaluate the efficiency of different types of round bale hay feeders to determine which feeder allows the least amount of hay waste. There are not a lot of studies on the efficiency of hay feeding. With no hay rings, waste can be as high as 45%. We also looked at open bottom and hay rings with sheeting around the bottom of the ring. We saw vary significant saving with hay ring with sheeting down to the bottom of the ring. Typically savings of 25% or more were seen over the traditional open bottom hay feeding rings. The greatest savings was with the Bextra Bale Feeder as cattle could eat from the bottom of the feeder in their natural grazing position and the feeder had minimal waste compared to other feeders.

Benefits of Rotational Grazing Paying Rewards

Dave Burge is participating in a 3 year study utilizing intensive Rotational Grazing. Rotational grazing is a system where a large pasture is divided into smaller paddocks allowing livestock to be moved from one paddock to the other easily. Using this method cattle are concentrated on a smaller area of the pasture for a few days then moved to another section of pasture. This movement allows the grazed paddock a rest period that permits forages to initiate regrowth, renew carbohydrate stores, and improve yield and persistency. When utilized properly, rotational grazing can help farmers increase forage productivity. Rotational grazing can help improve productivity, weight gain or milk production per acre, and overall net return to the farm.

Rotational grazing allow for better manure distribution that acts as a source of nutrients to the soil. Rotational grazing also has the potential to reduce machinery cost, fuel, supplemental feeding and the amount of forage wasted.

Dave Burge says, "Our work payed off during this summer's drought, when my cattle were grazing while others in my area were forced to feed hay. But the biggest benefit from this project may have been providing my farm operation with options on how I can grow the business. With the increased stocking rate for the farm, I can now, for example, decide if I want to increase my herd size, or if I want to expand the hay enterprise."

On Farm Warm Season Annual Grazing Demonstration

Demonstrations were planted on 3 farms totaling 35 acres of drought tolerant species including 2 varieties of Sorghum-Sudan, Sunflowers, Cowpea and Lablab bean. For variables in establishment this mix was seeded into killed sod (pasture renovation), into wheat stubble and into corn stubble. All research demos were planted from May 8th to May 15th. All demonstration plots were fertilized with 60 units of actual Nitrogen and fertilized with Phosphorus and Potassium according to soil test recommendations. High nitrate levels due to extreme drought conditions forced us to ensile the sorghum-sudan on one farm as ensiling reduces nitrate levels by 50% allowing us to safely feed the sorghum-sudan. Two farms averaged 73 cow grazing days per acre. Throughout this demonstration we learned how to rotational graze these fields and allow for regrowth between grazings. Because of their regrowth ability these summer annuals have the ability to extend the grazing season by filling the summer forage gap.



Cows eagerly graze sorghum-sudan for its high nutritional value on the Mike Wilson farm.

Awareness of Depression Symptoms and Treatment Options Saves a Marriage

The Anderson County Extension Agent for Family and Consumer Sciences taught this five session seminar in response to Robin William's suicide in 2014. Participants ranged in age from late 30's to early 70's. Participants voluntarily shared the impact of the seminar on their lives. One woman said that her marriage was saved as a result of her increased awareness of depression symptoms and treatment options. Her husband relapsed by drinking the night prior to the last session. As a result of participating in Blue to You, she decided that her husband needed help instead of ending the marriage. Another participant volunteered that she no longer saw herself as unlovable, but instead saw that her former boyfriend was depressed. Blue to You will be offered again in several community settings such as local churches, schools and community groups.

What Women Should Know About Finances

Thirty four women participated in a financial education program.

24% (7/29) of the retired women reported that they would review their wills and estate plans to update them as a result of this program. One woman was going to talk with a financial adviser. Two women planned to make a notebook of their financial documents so family members could easily find them.

100% (34 women) said they would share this information with younger family members and friends. They wanted to be sure their daughters and granddaughters were better prepared, planned ahead with life insurance, developed wills early and did not withdraw from retirement plans when they changed jobs.



Understanding the 10 Signs of Alzheimer's

Alzheimer's disease affected 67,000 Kentuckians in 2014. Anderson County Cooperative Extension collaborated with the Alzheimer's Association to provide programs on the risk factors of Alzheimer's disease.

Seventeen individuals attended one of three sessions of Alzheimer's - Know the 10 Signs. Participants expressed concern about challenges in solving problems such as managing money as well as problems driving due to difficulties with spatial relationships.

On the one month follow-up evaluation, two participants reported that they had taken a family member to a doctor for assessment of Alzheimer's disease. These participants clearly understood the program message that early diagnosis results in better long-term outcomes for the individual with Alzheimer's.



Parents as a Child's First Teacher

47 parents and 47 children participated in the kindergarten readiness program at the Newport Aquarium. The purpose of the trip was to emphasize the role of parents as the child's first teacher. A secondary purpose was to encourage one on one experiences to enhance parent child bonding. The FCS agent organized the experience which was open to preschool children.

Forty parents (85%) completed the evaluation. Many parents said they never have one on one time with their children. The undivided attention helped parents bond with their child. One parent noted the extra benefit of riding the bus was they were able to sit together, read and play silly games. The Newport Aquarium trip was successful in encouraging parent-child bonding and teaching the importance of one on one time with each child.