

# EXTENDING KNOWLEDGE *Changing Lives*

## IN BRECKINRIDGE COUNTY

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



*Farm Safety Day Camp participants learn about insects; their benefits and the dangers.*

### Progressive Agricultural Safety Day Event

Breckinridge County values farm safety by hosting the 19th annual safety day event. In collaboration with local agencies, the Breckinridge County Youth Safety and Health Awareness Task Force and Breckinridge County Extension Service planned, implemented and evaluated the hands on learning experience. Approximately 258 4th grade students attended the event. Teens and adults gave 1,284 in volunteer hours and \$3,645 was secured to provide program materials and conduct the safety day. Post surveys show that the event was effective in keeping children safer.

### Master Gardener Program

After several hours of planning to design a Master Gardener program with Hancock, Grayson and Breckinridge Counties, the program will be held in the fall of 2016. With the assistance of a Master Gardener graduate, designing, advertising, and implementation of the program has been successful with 22 interested clients. The Extension Office expects at least 50% of those to sign up and complete the program.

## Priority Program Efforts

- A total of **203** people are now involved in addressing significant community issues
- **75** youth made an impact in their community through service projects
- **47** local residents implemented practices that promote sustainable agriculture
- **42** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **84** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **327** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **507** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **358** youth and adults demonstrated informed and effective decision-making skills
- **230** individuals incorporated new or additional conservation practices.

## 4-H Cockroach Program Teaches Science

The Extension Office began the 4-H Cockroach Program in 2013, in collaboration with the Breckinridge County Middle School. The goal was to meet the growing need in Kentucky for knowledgeable scientists to identify problems, find solutions, and educate others. The program has continued to grow, including all 6<sup>th</sup>-8<sup>th</sup> graders (600+ youth) during the 2015-2016 school year. The program includes establishment of a Madagascar Hissing Cockroach Colony in science classrooms, monthly science labs, and an opportunity for students to design and carry out their own science experiments. Post-test results indicated participants' knowledge and skills related to physics (83%), nutrient cycling (72%), properties of sound (80%), and scientific method (91%) were enhanced.

In addition, 85% of students felt their math skills had improved, 85% of participants felt confident in their ability to complete science experiments, 81% were more comfortable handling insects, and 65% felt confident in their ability to pursue a science related career. Sixty-three percent (63%) of students are now participating in science activities outside of school and 83% are making scientific observations in their daily life.

## CSI Environmental Camps

In 2015, the Breckinridge County Extension Office hosted the 3<sup>rd</sup> Annual Environmental Day Camp at West KY 4-H Camp, with a CSI theme. This program aimed to address both the development of youths' science skills, as well as, their understanding and appreciation for the natural resources in their own backyard. Sixty-two 4<sup>th</sup> graders attended, solving crimes at hands-on learning stations. After attending the Camp, 80%



*Local youth at the CSI Environmental Camp*

of youth enhanced their understanding of plant identification, Entomology, Soil Sciences, and other Forensic Sciences. All attendees improved their skills in problem solving and knowledge of the environment. Also, 65% of youth are conserving natural resources and 60% now consider environmental impacts in decision making. This Camp expanded the knowledge, skills, and decision making practices of local youth.

## Teen Leadership in Breckinridge County



*KY 4-H Gold Achievement Recipients*

Teen leadership development has shown to build positive assets in local youth and reduce negative behaviors. In 2015, the Breckinridge County 4-H program addressed this need by providing teen leadership programming (e.g. Teen Leadership Academy, Career Club, Teen Club, officer training, and teen teaching opportunities). After participating in 4-H teen programming, 80% of teens have improved their meeting leadership skills and more than 75% of teens felt more confident leading a meeting and teaching others.

In 2016, teens led workshops, day camps, camp orientations, afterschool programs, and presentations at special events (Youth Ag Expo and Farm City Dinner), providing educational programs for over 630 individuals in the community on topics ranging from kitchen safety to camper expectations and completion of 4-H projects. As a result of local teen leadership development, three local youth received one of the highest honors in Kentucky 4-H, the State 4-H Gold Achievement Award. The recipients (Ella Potts, BriLynn Henderson, and Paige Dupin) were ranked in the top 30 of Kentucky youth after a rigorous application and interview process.

## Food Preservation Class Teaches Food Safety to Local Families

Breckinridge County is a very rural community with many families living 20 or more miles from a grocery store. The poverty level is 29.1% with 57% of the adults overweight. In order to address the issue of accessibility of nutritious foods, the Breckinridge County Extension Service taught food preservation (canning, freezing and drying) to encourage families to preserve fresh produce from home gardens or the local farmers market. The 17 participants included multi-generation families and both male and female individuals. Participants received hands-on instruction, printed materials, fresh produce for canning, freezing and dehydrating and opportunities to taste test finished products. Class discussions allowed participants to question family canning recipes and to learn the importance of key ingredients and proper processing times.

One participant said, "Now that I know why the lemon juice is added to tomatoes, I won't leave it out again". Class evaluations indicated that participants gained skills in safe food preservation practices. The workshop concluded with many of the participants requesting "more of the same type workshops" proving once again the success of learning by doing.



*Participants practice filling jars with fresh produce.*

## Nutrition Education Reaching Breckinridge County Families

Seventy-four percent of local youth qualify for free and reduced school lunches. To assist families in need, the Breckinridge County Extension Service brought Tasha Tucker in to fill the new position of

a Supplemental Nutrition Education Program Assistant (SNAP). The goals of the program are to teach nutrition education to limited resource families with children. Objectives of the program include meal planning on a limited budget, food safety, improved cooking skills and making behavior changes resulting in a healthier lifestyle.

In the first six months, the new SNAP assistant reached 16 youth groups with over 500 children and currently has 24 families enrolled in the seven-session program. Participants complete pre and post surveys to measure impact and behavior changes.

We are excited to be able to provide this important nutrition education program to improve community wellness and strengthen local families.

## Extension Homemakers - Strengthening Families



*SNAP Assistant demonstrates cooking at foods camp*

The Breckinridge County Extension Homemakers completed their forty-ninth year with the 2015-2016 program year. The organization continues to share researched based information relating to families and home management. This year, the Homemakers enrolled 120 members through community clubs and mailbox membership. Club leaders delivered educational lessons covering topics, such as, Alzheimer's awareness, landscaping/gardening, food preparation, home furnishings and social media. The Homemakers provide leadership by donating over 18,000 in volunteer hours for community events. The Homemakers provide a reliable network that families have grown to respect and value from generation to generation.

## English in a New Environment

The Migrant Education program from the Horse Cave area and the Breckinridge County English program created a partnership that will have a lasting impact on both programs. Extension and the Migrant Education program both lined out their goals with the separate programs, and they decided to join together to help recruit new members to the fall English classes. With their Spanish speaking ability and the Extension programs knowledge of the farms, it was a great partnership.

The English and outreach program was finally able to ask new farms why they had not attended. Then they asked those devoted students what they needed in the 2015 classes. The program plan was set and extremely excited about the potential of reaching new farms. The program brings in over \$1500 in cash donations, as well as, in kind donation of meals.

These visits were successful as 50% of the participants in the first two (2) classes were new students. Workers, from all the farms they visited, have been in attendance at some level, whether 25% or 100%; a new audience has been reached.

Workers receive training on numerous topics such as: Worker Protection Standards (WPS), Green Tobacco Sickness (GTS), Heat Stroke, First Aid, as well as, basic English for their everyday work and life.



*During this year, each farm with migrant workers was contacted to invite two (2) workers from each farm to a first aid and CPR training. The event hosted over 40*

*individuals to learn first aid and CPR. This will be added to our English Lessons in the fall as well.*

## Building Leadership

In August, an All Commodities Field Day on the farm was designed and carried out with the assistance of a committee and the summer intern in conjunction with the UK Soybeans Yield Trail. Again, farm visits with committee members helped to establish meeting topics, locations for

'bus' stops, timing of tours, and numerous other important items. In a follow-up survey, 90% of the attendees rated the meeting topics from satisfied to very satisfied. When asked how they heard about the event, 34% said by reading the newsletter, 24% from a Soil Conservation letter, 12-14% from radio and newspaper. Also, 95% were very satisfied with the entire event. Eight farms indicated they would you be interested in hosting a field day event for the Cooperative Extension Service in the future.

## Young Farmers

We have been fortunate to start a young farmer education program with at least 65 names on the list that are under the age of 40 and they are farming to some extent. The group has been utilized to help with the re-vitalization of the County Fair all the way from attending young farmer conferences to meeting new people and bringing back programming ideas to the county.

This group has also identified individuals to represent our county in state events and leadership programs such as: KY Farm Bureau LEAD, KALP, and contests, such as, Discussion Meet and Excellence in Ag.



*The county still continues to grow in the numbers of soil tests (1955), plant disease id's (102), insect identification (52), and weed identification (32) that are received and sent through our services.*



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