COOPERATIVE EXTENSION

2016

University of Kentucky
College of Agriculture, Food and Environment

Kentucky State University
College of Agriculture, Food Science, and Sustainable Systems

EXTENDING KNOWLEDGE
Changing Lives

IN CHRISTIAN COUNTY

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

Christian County Extension Office

4-H YOUTH DEVELOPMENT

4-H New Horizons

What do you think of when you hear 4-H? Traditionally you think of Cooking, Sewing, Horse, and Livestock clubs, but keep in mind 4-H has come so much farther. It has been fun to watch the development of new clubs and activities in the 4-H program.

New clubs that were formed in 2015-2016 4-H year included Robotics and Ag Power. These clubs give youth the opportunity to have the 4-H experience with a new twist.

The 2016-2017 program year will bring new programs such as Dog Club, Pinterest Club, and additional school clubs.

As 4-H embarks on new horizons it is important that we maintain our focus and make our youth the best they can be. 4-H making the Best Better!!!!

Priority Program Efforts

- A total of **311** people are now involved in addressing significant community issues
- **332** youth made an impact in their community through service projects
- **30** local residents implemented practices that promote sustainable agriculture
- **412** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **1,239** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **325** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **66** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **150** youth and adults demonstrated informed and effective decision-making skills
- **34** individuals incorporated new or additional conservation practices.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Volunteers are the Heart of 4-H!

For most of us, this is the time of year when we start reflecting on the past year and thinking of all things that we are grateful for. In the 4-H program, one thing that we are truly most grateful for is our volunteers. These volunteers assist the agents by leading club meetings, serving as camp counselors, transporting 4-Hers and much more! They utilize their unique interests and skills to help the youth become leaders within their community.

In Christian County, we have been blessed with some wonderful volunteers that go above and beyond to see the 4-H Program grow! For the 2015-2016 4-H year, a total of 155 adult volunteers assisted Christian County 4-H in a variety of capacities. Many of those volunteers served in a one time role with approximately 20 serving in a continual position.

These volunteers do not serve for praise or recognition, they receive their fulfillment from watching the youth develop self-confidence, self-worth, and leadership skills. However, to all of the wonderful volunteers that served in 2015-2016, THANK YOU! If you are interested in more information about how to get involved with the Christian County 4-H Program, contact the Christian County Extension Office.

4-H Camp

4-H Camp was held June 13-16, 2016 at the West Kentucky 4-H Camp in Dawson Springs. Camp magic filled the air as our 28 campers, old and new, ventured off for a week of adventure. Campers had the opportunity to engage in teambuilding activities and further explore their interests in horse and shooting sports. Camp here in West KY continues to make the best better as we continue to offer a premier camp experience for youth in the area. We look forward to another great year at West KY 4-H Camp in the summer of 2017! Camp hosts campers aged 9-15, teen counselors 16-17, and adults 18 and older. Be on the lookout early 2017 for the release of our camp date and registration!

4-H Camp 2016

Military

The Fort Campbell 4-H partnership flourished in its 11th year as Christian County Extension continues to offer support to our military community. 4-H programming on and off the installation was able to service over 718 military youth this year. 4-H programs at Fort Campbell are helping build leaders of tomorrow in the areas of Natural Resources, Family & Consumer Sciences, Health, Communication, Leadership and Science, Engineering & Technology (SET). Support for these programs continues to be available through the award of the 4-H Military Partnership Grant, available to installations with an existing 4-H partnership. This was monumental year with the grant as we were awarded the most yet totaling at $14,278! Highlights of the year's 4-H program and partnership include Family Game Night and the Annual Thanksgiving Basket Civic Engagement Project.

Family Fun Day on base at Ft. Campbell

AGRICULTURE & NATURAL RESOURCES

The importance of using balanced diets in a beef cattle feeding program is well documented, however convincing some cattle producers to go to the extra effort of providing a balanced diet to their animals can sometimes be quite challenging. Most beef producers are part time producers and are quite content to simply provide a roll of hay and a protein block and see no value in knowing the nutrient content of the forage they are feeding. By the same token, we, as Extension educators, routinely offer feeding advice and balance numerous rations for our clientele and very seldom have and/or take the opportunity to follow up on results of our recommendations.

This project actually began in the winter of 2014-15 when a beef producer here in Christian County sought assistance with his winter feeding program. For several years this producer had been using a mixture of wet distiller's grain, wheat straw and some corn silage, along with grass hay to winter his spring calving cows. His ration mix was based off of general advice received from a local feed dealer. The cow herd seemed to be performing adequately, but the producer did not have confidence that his ration was sufficient.

We started by having all of his feed ingredients analyzed for nutrient value and entered this information into the UK Ration Balancer program. The diet formulation was changed and some adjustments were made to the mineral program.

The winter of 2014-15 was a very hard winter but the cattle came through in good condition. Breeding rates in the spring of 2015 were improved as evidenced by the calving distribution of the 2016 calf crop. The first calf in 2016 was born on January 30th and by March 1st 89 of the 112 cows had calved. That means that 79% of the cows calved in the first 30 days. Compared to 2015 when only 58% of the cows calved in the first 30 days.

Research shows that cows that calve early tend to stay in the herd longer and raise calves that are bigger at weaning. More pounds at weaning results in more pounds to sell, but also the added uniformity will be a bonus this fall when he markets his calves.

Corn Harvest 2016

FAMILY & CONSUMER SCIENCES

Know the 10 Signs: Early Detection Matters

Every sixty-six seconds (66 sec.) someone in the United States develops Alzheimer's disease (Alzheimer's Association, 2015). In Kentucky alone, there are over 69,000 individuals aged 65 or older who have already been diagnosed with Alzheimer's disease and over 270,000 individuals who have been identified as caregivers of those who have been diagnosed (Alzheimer's Association, 2015). In order to educate and empower the citizens of Kentucky with greater knowledge on the risk factors and early warning signs of Alzheimer's disease the Kentucky Alzheimer's Association and the Kentucky Extension Family and Consumer Science Program collaborated to teach Know the 10 Signs: Early Detection Matters. In the fall of 2015, Christian County's Agent for Family and Consumer Science taught Know the 10 Signs: Early Detection Matters to 64 Homemaker Leaders across eight counties in the Pennyrile Area. Those sixty-four (64) leaders were then able to go back to their individual Homemaker clubs and teach a mini lesson on Knowing the 10 Signs. Homemakers across the area increased their knowledge of the risk factors of Alzheimer's disease; what to do if they notice risk factors personally or within family members and the benefits of early detection. While there is no cure for Alzheimer's disease, education of this nature helps families to detect the disease early allowing them to get the maximum benefit from treatment, more time to plan their future and the ability to prioritize how they spend the time that they do have.

FAMILY & CONSUMER SCIENCES

Building Healthy Relationships

Alcohol and Drug addiction is a disease that spreads its tentacles throughout the entire family. No relationship is spared. As a result those who are trying their best to fight for recovery find themselves lacking healthy relationship skills as they strive to rebuild relationships with themselves and those around them. In order to address this issue in Christian County, the Agent for Family & Consumer Sciences partnered with Grace & Mercy, a 16 bed transitional home for women seeking recovery, to provide a ten week Relationship Smarts course. During the ten week course, the ladies were taught relationship skills ranging from maturity and values to communication skills and safely using social media.

At the conclusion of the course, all participants stated that they had learned new skills that will improve their current and future relationships. Several of the participants reported that they have already been using the skills learned throughout the course. One participant stated, "I have been able to use the time out method to control my anger." and "The relationship tips help me to spot red flags in my current relationships." Another participant shared, "I now feel more equipped to make positive relationship choices because I now know what is right and wrong, and how I should really be treated not what I'm used to." Based on the success of this first course the Relationship Smarts curriculum will be taught again as new resident's transition into Grace & Mercy.

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- Grace & Mercy Resident

HORTICULTURE

Master Gardener Garden and Outdoor Living Expo

With the support of the Cooperative Extension Service, the Master Gardeners of Christian County held a Garden and Outdoor Living Expo in April 2016. A committee of Master Gardeners who wanted the focus to be getting horticulture vendors in contact with the gardeners planned the event. Speakers at the Expo taught classes on landscaping, cut flowers, and vegetable production. Twenty-five vendors attended and brought new products and plants to engage the garden consumers. Over 1,300 gardeners attended the event a major increase over previous years, due largely to the efforts of the Master Gardeners.

Garden and Outdoor Living Expo

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