

# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN FRANKLIN COUNTY

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

## Family and Consumer Sciences

**Tamera Thomas**

### Working with Habitat for Humanity

The Franklin Co. Habitat for Humanity board partnered with the Franklin Co. Extension Service to offer basic financial literacy to their current and potential homeowners. The FCS agent taught **"Where Does My Money Go"** to families to establish a spending plan to achieve their goals for homeownership or maintain a positive credit history with their mortgage holder. As a result of the partnership, one family moved into their new home and another family is still waiting for their home. In addition, families shared that they communicate better when discussing financial matters. Two current homeowners shared that by setting money goals they decreased their spending money on lottery ticket and other spending leaks which led to their ability to now pay their mortgages on time.

### Someone's in the Kitchen with Dinah/ African American Cuisine

Family and Consumer Sciences partnered with the Kentucky Humanities Speakers Bureau during African

American History Month to offer a program to celebrate our cultural and historical legacy of African American cuisine often referred to as "soul food". Dr. Daryl Harris, gave an historical presentation entitled "Someone's in the Kitchen with Dinah" and Dr. Ingrid Adams shared research and health statistics that support the need to implement behaviors that led to better health. She also led a group discussion on the KET documentary "Soul Food



Dr Daryl Harris give a presentation entitled "Someone's in the Kitchen with Dinah".

Junkies". Participants tasted healthier versions of traditional foods and received recipes. It is recognized that most of the recipes for these

foods are prepared with high amounts of fat, sodium or sugar that place this population at a greater risk for developing diabetes, hypertension and heart disease which are preventable.

### Educating Childcare Providers: Red, White and Bruises

According to *Prevent Child Abuse Kentucky*, Child Protection Services received 58,114 reports to investigate or

## Priority Program Efforts

A total of 148 people are now involved in addressing significant community issues

1530 youth made an impact in their community through service projects

9 local residents implemented practices that promote sustainable agriculture

6 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations

2505 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs

1000 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

A total of 75 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

A total of 351 people reported an increase in knowledge of sustainable energy.

“The Franklin County Extension Office is a great resource for the community...professional and always eager to lend a hand whether through a quick phone call or an actual farm visit. ”

*- Patrick Stone, Franklin County Farmer*

assess incidents of child abuse. There are four major types: neglect, physical, sexual, or emotional abuse. 14,911 reports were validated or recommended for service in 2014. This was a 22.9% increase of reports that met the criteria from 2010-2014.

April is ‘Prevent Child Abuse Month’, the FCS agent presented a program to 30 child care providers during the Franklin County Community Early Childhood Council’s Super Saturday training. The presentation focused on the use of alternative discipline strategies instead of hitting children. Group discussions based on research data and scenarios were presented to gain feedback on providers parenting behaviors, childhood experiences and outcomes. Several participants shared their own experiences and how they have disciplined their children. They had not really considered other means until this program. One indicated that as a result she would refrain from spanking her own child and begin to seek out alternative forms of discipline.

#### **Reaching More Families with SNAP**

Two new SNAP (Supplemental Nutrition Assistance Program) Assistants were added to the Family and Consumer Sciences program. These ladies hit the ground running in 2015. They recruited families for SNAP across Franklin County. Outreach included working with local shelters and senior living communities but the word spread quickly to the Family Resource offices in local schools and daycare centers. Children across Franklin County are reaping the benefits of how to make good choices and stay healthy. But the teaching does not stop in the classroom. They also meet many of our families at local grocery stores and the Farmers Market to guide them in selecting healthy options, meal planning, label reading and food safety. The SNAP program reached clientele through the following agencies and events:

Women’s Shelter, Thornhill Learning Center, Access Soup Kitchen, Simon House, Drug Court, Franklin County Community Early Childhood Council April Training, 57<sup>th</sup> Anniversary Farm City Banquet, Longest Day of Play, Senior Days, Bluegrass Head Start Pre-Screening and Open House.

## **Horticulture**

### **Adam Leonberger**

The Horticulture program provided research based information to homeowners, commercial landscape professionals, small farm producers, children and youth to be better consumers and stewards of the world and our environment. Plants are an important part of everyone’s life in many ways and sound, research based knowledge helps us use and conserve these resources wisely.

#### **Extension Master Gardener Program**

Franklin County Master Gardeners and the Capital Area Master Gardener Association (CAMG) remain very active in Franklin and surrounding counties. This volunteer program extended the opportunity for more Franklin County residents to have access to UK Horticultural information. The most recent class of 20 Master Gardener interns completed 42 hours of classroom training, including several field trips to area gardens and nurseries. They will be certified when they each complete their 45 hours of community service. The 31 current Master Gardeners completed 1,314 volunteer hours by answering homeowner questions at weekly Farmer’s Market booth, organizing educational trips, community outreach, and fundraising. This service to the community is valued at \$25,855 by the Corporation for National and Community Service.



*Master Gardener class at the Arboretum in Lexington.*

The CAMG Association awarded a college scholarship to a local student for furthering their education in horticulture and plant sciences. Master Gardeners supported Extension programs such as Farm City Field Day and sponsored the Franklin County Fair Fruit and Vegetable contest.

#### **Horticulture Programs**

Horticulture program offerings included everything from composting to tree pruning. Winter School classes included emerging insect pests; new technologies and strategies for small producers; and high tunnel vegetable production. Ag Career education, planting seeds, making terrariums, planting flower baskets and more, are programs offered to school age children

and youth. A monthly newsletter is packed with information and available by mail, email, Facebook or the Extension website. Partnering with other local groups to plan and provide educational information in the community occurred at the, Frankfort City ReForest/Arbor Day Celebration, Keep Frankfort Forested, Green Your Spring, and others.

## **Agriculture and Natural Resources**

### **Keenan Bishop**

Only 1.3% of the county's population is identified as farmers, but more than half the county (56%) is identified as farm land. According to the 2007 Census, there are 625 farms averaging 122 acres each and the PVA lists over 1,000 properties of 10 acres or more. Of the farms, a little over a third (37%) are full time farmers, 13% are female and over 99% are white with the average age being 58. Only 7% report a gross income greater than the medium family income for Kentucky (\$42,610), but 20 report over \$100,000 a year in sales.

### **Farm City Field Day**

The Franklin County Farm City Field Day has enjoyed a long history of 57 years of celebrating agriculture and education in the county. The event this year was held at Indian Ridge Farm, a family thoroughbred operation that has produced two multimillion dollar horses. Over 600 people were there for the farm tour, display booths and meal. The community event is now also "waste free."

The event is sponsored by the local Chamber of Commerce, Conservation District, Extension Office and Farm Bureau. A committee of almost 20, helped plan the event, but a collaboration of over 125 volunteers and more than 30 supporting agencies made it possible.

Farm City Field Day not only pulled together many volunteers and agencies for a common cause, but also introduced our urban population to agriculture as well as educated the farmers in new techniques. It is the sister event to the Farm City Banquet held in April to honor the Outstanding Young Farmer, Pioneer Farmers, Pioneer Business, Pioneer Educator and Outstanding Urban Garden.

### **Dry Stone Fence Workshop**

This spring, 28 aspiring masons participated in a hands-on Dry Stone Workshop. Each participant received a handbook and class training on the art and principles of Dry Stone Construction. Three certified masons spent 5 days working side

by side with the participants offering instruction and advice while rebuilding a stone retaining wall. Fiscal Court allowed the class to rebuild a failing wall at Lakeview Park. Participants received hands-on experience while the county got about 70 feet of deteriorating wall rebuilt. A win-win for both parties.



*Dry Stone Workshop participants learning by practical experience a damaged wall at Lakeview Park.*

### **Customer Service**

The office provided information and education through farm visits, phone and email contacts and various programs, workshops and meetings. The following were some of the programs offered: Master cattleman, Master Grazer, Horse College, Feeder Calf Grading Schools, Farm Start, Ag Lenders Conference, Beef Conference, Cattlemen's Educational Tour, Winter Schools and various webinars. The following were some of the service offered: Soil Testing, Farm Visits, Ration Balancing, Plant Disease ID, Plant ID, Insect ID, Forage Nitrate tests, Forage and Silage Sampling, Forage Prussic Acid tests, Mycotoxin tests, Corn Budgets, Beef Enterprise Budgets, Grain Yield Estimates, Silage analysis, Stillage analysis, Fescue Endophyte Tests, BQA and Cattle Handling Certification, Pesticide Training, Tobacco GAP Training and CPH-45 Assistance.

## **4-H and Youth Development**

### **Leslie Reynolds and Whitney McKoy**

#### **Franklin County 4-H Livestock Project**

The goals of the livestock project are to expand youth knowledge of the livestock industry and production, to learn about selection, nutrition and feeding, health and daily care, reproduction, marketing, and showing their project. Youth were provided an opportunity to learn responsibility, value of hard work, critical thinking critical, decision making and communication skills. This project also fosters the development of friendships, gain self-confidence and life skills.

Livestock projects include selecting, purchasing, and caring for a breeding or market animal.

*"Citizenship Washington Focus (CWF) was one of the best 4-H experiences I've been fortunate enough to attend. I enjoyed seeing the monuments and hearing the history behind the city itself. Above all I now understand how the legislative process works and how difficult it is to find common ground with opposing views."*

Franklin County 4-H also gave Livestock Club members the opportunity to sell one market animal (sheep, swine, or steer). Participants had to follow rules determined by the sale committee, available from their 4-H Agent. Youth and their families were responsible for inviting buyers to purchase their animals. Proceeds from the sale of the youth's animal will go back to the member, minus a sales commission.

Livestock club members also had the opportunity to participate in other events such as livestock skillathon, livestock judging, and the County Ham Project. Skillathon is testing the knowledge of equipment, feeds, and marketing. Livestock



Anna Hawkins with her lamb at the Franklin County 4-H/ FFA Investment in Youth Livestock Auction is shown above with purchasers.



MacKenzie Jones, a 4-H Livestock Club leader pictured with her Market Hog and purchaser, Anne Clark.

judging is a contest on the selection of animals and oral reasoning for placings. The Country Ham Contest is for youth to learn the process of curing country ham through the spring and summer. In August the ham was evaluated at the Kentucky State Fair where the youth also gave a speech on their project.

### Citizenship Washington Focus

Many children are not afforded the opportunity to dive into politics and have hands on experience into what it takes to construct and pass laws that directly affect their everyday lives. Thanks to the National 4-H Council, the Farm Credit System, and KSU 4-H agent Shawn Moore, seven children and three adults from Franklin County 4-H were given the opportunity to experience this first hand.

The Citizenship Washington Focus (CWF) program is a 5 day

4-H citizenship program for youth ages 14-19. The program takes place at the National 4-H Youth Conference Center, which is just one mile from Washington D.C. Every summer, many young people participate in this program which allows them to: strengthen their communication, leadership, and citizenship skills on a national level, understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders, exchange ideas, practice respect, and form friendships with other youth from diverse backgrounds, and experience hands-on learning. Participants on the CWF program have special privileges to enjoy a behind-the-scenes look at our nation's capital and the chance to meet Members of Congress, workshops and assemblies that encourage individual commitment to citizen involvement.

Participants were immersed in the culture and history of Washington D.C. through onsite workshops at its most spectacular sights.

For most of the Franklin County delegates, this trip provided many first time experiences such as their

first time flying in airplanes, visiting Washington D.C., viewing the memorials and monuments, eating from food trucks, and visiting the different Smithsonian and other museums in the area. This once in a lifetime trip will leave a long-lasting impression on our youth as they develop into strong, contributing citizens to our community. They developed a better understanding of our democracy and a strong sense of patriotism visiting the world's capitol.



4-H members pose with Kentucky Senator Mitch McConnell in Washington during their visit.

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*Extending Knowledge,  
Changing Lives*

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