

EXTENDING KNOWLEDGE *Changing Lives*

IN FULTON 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 Day

On September 28th, the Fulton County Extension Office and the Fulton County Schools Family Resource Office collaborated together to host the second annual Family Day event. Family Day is a national movement to encourage parental engagement. Research shows that children with hands-on parents are far less likely to smoke, drink or use other drugs.



Family playing bingo

Flyers were sent home with every student from preschool to high school and flyers were hung around the community to encourage everyone to come and bring their families. To get families there, a sack "dinner" was offered, family pictures were taken, and Bingo was played. Activities included conversation starters such as answering a questionnaire about what their family hobbies were, their family's favorite foods, and what their favorite television shows are. Then several rounds of Bingo were played and those who "bingoed" won a \$5 Subway gift card. There was also a drawing and one family member won a crock pot to encourage cooking.

Over 100 people attended the family day event. The number almost doubled from last year's family day event. Many of the same families returned from last year. The event was such a success the Family Resource Center and Extension Office plan to host a Family Day Event every other month instead of once a year.

Priority Program Efforts

- A total of 15 people are now involved in addressing significant community issues
- 34 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 104 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 984 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 58 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 18 youth and adults demonstrated informed and effective decision-making skills

Chick Incubation Success Story

Introducing fertilized eggs and then newly hatched chicks to the 3rd grade classes were a real treat for many of the children. This innovative and hands on learning project taught children about the embryo, the life cycle, the incubation process and the care of chicks. Two 3rd grade classrooms each received fifteen fertilized eggs (Day 18 of incubation), an incubator, a calendar and automatic turner.



Students holding chicks

The 4-H Agent went into the classrooms each day for a week to talk about the process and how the students would learn to care and maintain the eggs and incubator during and after the incubation process. The students were thrilled to know that if the project was going to be a success it would depend on them to make all the right choices.

After being in the classroom one day, the chicks started to hatch slowly but surely. A brooder box was brought into the classrooms and the excitement on the faces of the youth watching life unfold before their eyes was priceless. The students enjoyed making sure the chicks were fed and bedding was cleaned daily. They checked the temperature to make sure the chicks stayed warm and they also got to hold the chicks.



Chick in incubator

The teachers were excited and loved having this project in their classroom. They have already requested the project again. After verbally asking the 61 students what they learned from the week long project, 95% said the life cycle of a chick. After being asked what was most exciting about the

project, the consensus was being able to see the chicks hatch out of the egg.

Banana Festival Health Fair

Over the past five years, the Banana Festival Health Fair attendance and vendor participation has been low. Since the closing of the local hospital the Fulton County Family and Consumer Sciences Agent took the initiative and decided to chair the health fair. The 2015 event was a great success.



Participant at Health Fair

The 2015 Health Fair was a collaborative program planned by the Fulton County Cooperative Extension Service and the Haws Nursing and Rehabilitation Center. The goal of this program is to help improve the community's health for all ages. Throughout the 2 hour event, participants visited 16 booths where they could get health screenings for their eyes, cholesterol, blood pressure, and blood oxygen, at no cost. Participants received information on various health topics, including cancer prevention, diabetes, prescription safety, mental health, health insurance, smoking cessation and physical fitness.

At last year's health fair there were 42 participants and 12 health care vendors. In 2015 there was 96 participants and 31 vendors. The Family and Consumer Sciences agent was able to make many new contacts and was invited to set up a booth at the Breast Cancer Expo in the neighboring county in Tennessee.

One attendee posted on the County's Facebook page about the Health Fair, "I would like to commend the FCS Agent and the Fulton County Cooperative Extension Service for the wonderful Health Fair! Great Job! Everyone was so friendly and helpful. I'm very thankful to have a community with all these health services close at hand, especially after losing our hometown hospital."

Agriculture Career and Technology Day

Agriculture in Fulton County means large scale cash grain operations. According to the 2012 Census of Agriculture, Fulton County is made up of 83,382 acres of farmland broken down into 178 total farms. The market value of products sold in Fulton County totaled \$46,558,000 or \$261,563 as an average per farm. It is easy to say that Fulton County thrives on agriculture production.



Agriculture Career and Technology Day

In contrast the population of Fulton County based off information analyzed by Kentucky By The Numbers indicated in 2010 the U.S. Census reported a population of 6,813 people of which 1,516 of those were 19 year of age or less. Population projections for 2020 are 6,233; for 2030 they are 5,535, and 4,081 for 2050. The 2040 projection being a -40.1% reduction in the county's population. In regards to the 19 years of age and less group, the projections for 2020, 2030, and 2050 indicate a population of 1,254, 1,051, and 740. The population of those 19 years of age or younger is 51.2% less that the 2010 Census.

The Fulton County Agriculture and Natural Resource Extension Agent was approached by one of the counties Young Farmers, Farm Bureau Members, and the Fulton County Agriculture Teacher in collaborating to develop the Fulton County High School Agriculture Career and Technology Day. The purpose of the event was to inform the students at Fulton County High School about the opportunities in Agriculture and the use of Technology in today's agriculture production and the demand for those careers.

In developing this event, the ANR Agent expressed that fact that Fulton County has a large percentage of younger farmers. Based off the 2012, Census of Agriculture, the average age of the Fulton County Farmer is 56.1, this is a year and half lower than the state average of 57.6. During discussion they focused on the opportunities for students to come back to Fulton County and work. After filling as

many topics with speakers from the county, they began to look at opportunities that were within a reasonable driving distance from the county (about 30 miles). The speaker's educational background ranged from high school diplomas with technical school training to Bachelor's and Master's degrees.

On the day of the event, 150 high school students rotated through 8 stations hearing a total of 15 speakers, including seeing various pieces of agricultural equipment and animals and learning about them from the local young farmers that work with them. In total 36 individuals, not including the school faculty and staff, came together to make this a success.



Agriculture Career and Technology Day

In a post meeting with representatives of the high school students, including reading email from the teachers, they evaluated the event. A general consensus was that the event was well planned, and both the teachers and students gained knowledge about the careers and technology in agriculture. The student's eyes were opened to the fact you do not have to come from a farm to become involved in agriculture and they were considering agriculture as a career option. The teachers also did not realize the vast career choices, but in particular there were comments made about understanding the situations of the amount of work that is done on the farm and why the farm students sometimes come into class tired or anxious to get out of class or school. There was also feedback on changes in scheduling the amount of time for speakers, topics to include or not, and group sizes. Overall, the event was deemed very successful.

Grow Event

2014 Kentucky "Kids Count" data ranks Kentucky 35th nationally in overall well-being of children. Four River Counties Community Early Childhood Council is of vital importance to the rural area of Far Western KY by serving Ballard, Carlisle, Fulton and Hickman Counties. Extension FCS Agent serves as the council chairman. The council was

awarded \$ 28,000 in 2015-2016 Governor’s Office of Early Childhood grant funding cycle to advocate for the young child and their families by improving quality childcare, increasing parent knowledge, improving school readiness, and collaboration to meet the needs of the families.



Grow Event

Fulton Cooperative Extension, the Fulton County and Fulton Independent Preschool Head Start program and the Family Resource and Youth Services Centers collaborated to provide The Grow Event at both Fulton City and Fulton County Schools. Families took part in an Ages and Stages assessment for their preschool and younger children.

Family Engagement Event is for parents and families to receive information about utilizing the five developmental domains of school readiness at home, child development information and Ages and Stages Screening in a community setting. Target Audience is children ages 0-5 but older siblings are more than welcome.



The Balloon Guy at The Grow Event

The event was conducted much like a health fair with activities based on the five developmental levels of school readiness at each booth. There were many activities for the family to participate in such as: a Bouncy House, Face Painting, The Balloon Guy, writing activity booth, math activity booth and a booth where children will pattern using M&Ms on cupcakes. Every child ages 0-5 received a grow pack with Kindergarten Transition information, Parenting materials, 2 books, school readiness activities and brochure.

This is the third year the council conducted the event in both school districts in Fulton County. This event is a community wide screening opportunity for children birth to five. 104 family members attended as well as 30 volunteers. 89% of the parents attending planned to use the information and material received at home with their children. 84% planned on increasing time spent reading and playing with their child. 82% felt after attending the event they understood the definition of Kindergarten readiness as it applies to their children.



Fulton County Cooperative Extension Service Welcomes New Agriculture and Natural Resources Agent – Ben Rudy

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**The County
Cooperative
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*Extending Knowledge,
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