



# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN GALLATIN COUNTY

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



*4-H'er Unloads her Feeder Calf*

### 4-H Livestock is More than Meets the Eye!

One of the most visible components of 4-H in Gallatin County is the 4-H Livestock Show and Sale at the county fair which draws large crowds from the community, local businesses, and farmers. Agriculture is Kentucky's largest employer and contributes the greatest percentage of revenue to Kentucky's economy. It is important for youth to understand the role of agriculture in their daily lives, including the importance of livestock and livestock products and their connection to the quality of the foods that they eat.

The Gallatin County 4-H Livestock program is not just about raising animals. It encompasses record keeping, food to table, letter writing, communications, leadership as well as the principles of Character Counts (trustworthiness, respect, responsibility, and fairness).

The sale of 46 animals totaled \$24,942.00 over the market value of the animals. This was an increase of \$10,000.00 from last year. According to the youth, they plan to put the money earned into a savings account for college or another animal.

### Priority Program Efforts

- A total of 97 people are now involved in addressing significant community issues
- 85 youth made an impact in their community through service projects
- 90 local residents implemented practices that promote sustainable agriculture
- 26 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 70 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 260 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 122 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 115 youth and adults demonstrated informed and effective decision-making skills
- 125 individuals incorporated new or additional conservation practices.

Because many of the 4-H youth gained confidence showing their animals at the county level, five youth attended a district show; nine youth attended at least one open show; and one plans to show at the state fair. That is the first time in recent memory that a



*Kids and Goats!*

youth has shown an animal outside of the county.

Because of the intense knowledge base of diseases, meat cuts, and breeds received at club meetings, several youth have pursued health or agricultural degrees and have had an easier time with college anatomy courses. Three alumni received partial scholarships due to their livestock experiences.

#### **4-H Helps Kids Get Their Point Across**

Providing youth with the ability to enhance and develop communication skills is of great importance in Kentucky. Strong writing, reading and presentation skills present youth with the dexterity of being good communicators as well as allowing them to form receptive relationships with peers and adults (Jones, K.R., 2006).



*4-H'er Communicates by Demonstrating!*

When talking to volunteers and parents, a common request is - I will help you but do not ask me to talk in front of people. The Gallatin County Extension Service helped teach our youth how to effectively speak in front of their peers and teachers.

Over 130 children participated in the school communications event this year. They heard and read non-fiction texts about several topics, selected their topic to research, and conducted their research.

4-H'ers learned the importance of taking careful research notes and paraphrasing in order to transfer it to their own writing. Their essay included an introduction to their topic that captured the reader's interest, facts and examples about their topics, transitional words and phrases that help readers connect ideas and used sentences of varying lengths.

According to survey conducted after the program, 80% of the youth said they now listen with their eyes AND ears. 90% of the youth improved their research and organizational skills. After participating in the communication program, one high schooler who said she could not speak in front of her peers has now become an FFA officer. Another quiet 4-H alumni went on to college where communications was a required class. She said she felt more prepared and less anxious all because of all the 4-H speech contests she had participated in throughout the years.



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

#### **Balance in Life Saves Limbs!**

According to research, falls are the number one injury that required a person to be taken to the emergency room in Gallatin County. From 2010-2014, 1,691 falls were reported, resulting in \$2,591,119 medical charges. The data indicates that Gallatin County falls in line with the rest of Kentucky and the US. Falls, and falls especially for senior citizens are a major concern. The fear of falling causes many to reduce normal activities and exercise, and in return actually increases ones risk for falling. To meet the need of Gallatin County, the Gallatin County Cooperative Extension Office offered the Matter of Balance 8 week series.

Ten participants completed the Matter of Balance series. The goal of the Matter of Balance series was to reduce the fear of falling, view falls as controllable, increase physical activity, exercise to increase strength and balance, and discuss fall prevention strategies.

One hundred percent (100%) of participants stated as a result of this program, their understanding about fall prevention increased. 70% made changes to their home environment to reduce the risk of falling at home. 50% became more physically active. A few comments made by participants include: “Exercise is more a part of my day.” “Gaining better balance was my objective, and feel that did improve.” “Falling was never my fear. I needed to know how to regain my balance and the exercises have definitely done that.”

### Important Journeys Begin with Small Steps!

Despite being several years out of the 2007 economic recession, Kentucky continues to lag behind other areas of the United States in household economic indicators, including personal income, population living below the poverty line, and unemployment rates. Along with a less than ideal financial outlook, health has continued to be a critical issue in Kentucky. As part of the Managing in Tough Times Initiative, the Gallatin County Cooperative Extension Service hosted the Small Steps to Health and Wealth Online Challenge to Gallatin County School employees.

*Small Steps to Health and Wealth* (SSHW) is a national extension program designed to encourage participants to make positive behavior changes to simultaneously improve their health and personal finances.



The SSHW program consists of two main sections: a discussion of 20 similarities between health and personal finance issues and 10 suggested behavior change strategies that can be applied to either area of life.



*Winner of SSHW Grand Prize!*

The SSHW online challenge is a six-week program that allows participants to track the daily choices they make related to nutrition, physical activity, and personal finances. Sixty-seven Gallatin County School employees participated in the 2016 online challenge.

As part of the challenge, total participant outcomes include:

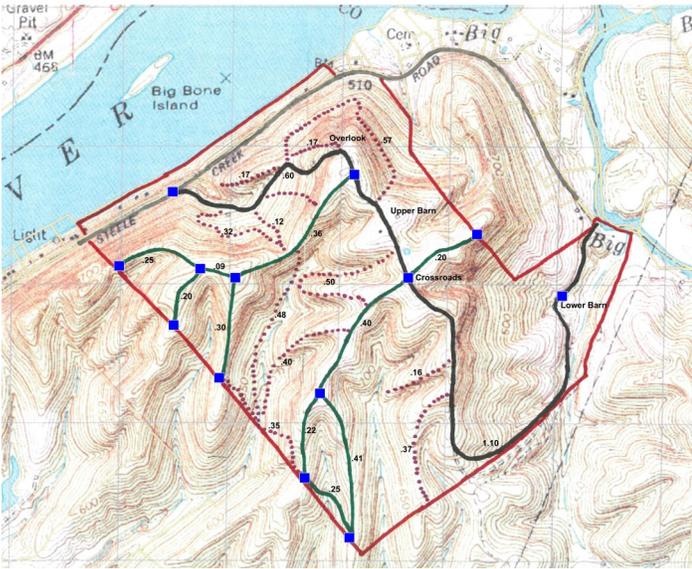
- Eating 3,632 cups of fruits and vegetables
- Portion control at meals reported 1,025 times.
- Choice of water over colas reported 1,093 times
- Learning something new related to health was reported 849 times
- Took one or more actions to save money or reduce spending was reported 996 times
- Tracking 7,245,000 steps or 6,622 miles with a pedometer
- Saving more than \$799 in loose change
- Tracking daily spending was reported 933 times
- Ate at least one meal prepared at home instead of eating out 1093 times, saving approximately \$5,465
- Learned something new related to personal finance, was reported 681 times

## Hartig Park & Nature Preserve

The Judge Executive approached the Gallatin County Extension Service and asked that we take a leadership role in defining how the newly acquired 530 acre Hartig Park property be used.

The Extension Service identified 15 members of the community from varied locales, backgrounds, and knowledge bases and formed a Hartig Park advisory board. Of the land use activities identified, two have already be acted upon.

## Hartig Park & Nature Preserve



Deer hunting was officially allowed on the property this fall to Gallatin County residents. With the help of Kentucky Fish and Wildlife, a system was developed for organized hunting on the property.

Another land use activity being worked on is hiking. Using GPS mapping to identify trails throughout the park, trails have now been marked and rated in terms of length, grade, and overall level of difficulty. Other work completed at the park includes the removal of dilapidated structures, bush-hogging, and the renovation of the main road leading into the park proper.

***“This program has really started to get me back on track”. I get burned out often with budgeting and weight loss and this really helped. Not only have I, but my family members have all lost weight during the time that I was completing the challenge.”***

**- Kerry**

## Breathing Life into an Old Cemetery

When a company decides to relocate or expand to a new community, one of the things they take into consideration is the state of that community's cemeteries. This is especially true of foreign corporations. How a community treats and respects those who passed before is of high importance to them. This is one reason why the Gallatin County Extension Service is taking on the leadership role in the refurbishment of the Old Warsaw Cemetery.



*Volunteers at Old Warsaw Cemetery*

The Old Warsaw Cemetery is a little known treasure in Gallatin County. The cemetery dates back to the early 1800's, and some of the city's and county's founding families are buried there. And, unfortunately, it has been neglected for many years.

Funding from a local bank has allowed for the removal of several very large and dangerous trees on the property. This money has also purchased the supplies and materials needed properly clean and repair the fallen and broken stones.

Working with the City of Warsaw, the Warsaw Bicentennial Committee, and the Gallatin County Cemetery Board, approximately one fourth of the gravesites have been restored.



**University of Kentucky**  
College of Agriculture,  
Food and Environment  
*Cooperative Extension Service*

*Extending Knowledge, Changing Lives*

For more information,  
Please contact us at:  
Gallatin County Extension  
395 U.S. 42 West  
Warsaw, KY 41095-0805  
(859) 567-5481  
Fax: (859) 567-5432  
[www.gallatin.ca.uky.edu](http://www.gallatin.ca.uky.edu)

