



EXTENDING KNOWLEDGE *Changing Lives*

IN GRAYSON COUNTY

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



A view of our 2nd Annual Family Farm Fest

A New “Family” Tradition

Based on the success of our first family farm fest, the County Extension Council felt that this event needed to be a new tradition. With that, the 2nd annual Extension Family Farm Fest at the Extension Facility for Education and Research was a great success and will continue to be used as a marketing and education platform for years to come. This event was intended to provide families with a fun, local agriculture/farm experience, and to introduce them to the many diverse programs offered at the Extension Office. For families to have this experience, they must drive 30-45 miles for their family to enjoy such time together. This year we increased our booths by nine community partners. We also included all of our Extension groups: Beekeepers, Extension Homemakers, Extension Master Gardeners, and SNAP Ed. These booths offered information as well as family friendly incentives. We also had farm yard games, pumpkin picking, free lunch, and live animals. There were over 275 people in attendance; 18 of them being Extension Volunteers. Many positive comments were provided as feedback including their appreciation for providing such an event locally and several families were happy that this event is continuing to grow!

Priority Program Efforts

- A total of **93** people are now involved in addressing significant community issues
- **57** youth made an impact in their community through service projects
- **14,100** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **67** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- **12** 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.

4-H Youth Development Education

Outdoor Survival Day Camp



Scott Co. 4-H Youth Development Agent taught students how to start a fire, and cook food, among other topics during the day camp

During Spring Break the 4-H Agent teamed up with the County ANR Agent, an instructor for First Aid, and the Scott County 4-H Agent to present an Outdoor Survival Day Camp. The purpose of this day camp was to teach the youth basic skills they would need to survive in the great outdoors whether by themselves or with a small group. Some skills learned included basic first aid (how to tend to wounds, prevent hypothermia, CPR basics and more); basic knot tying; how to build a fire and safety; campfire cooking; plant, tree, and animal track ID. Nine youth between the ages of nine and 18 signed up and participated in the day. With unpredictable Spring weather, the day was chilly and windy. Building a fire was the first thing the group did; they built a fire ring, learned what materials can be used to spark and start a fire, then built the fire structure from there.

The first aid instructor went over the basic skills; the Scott County 4-H Agent showed the kids different styles of first aid kits that you can carry with you in different situations (all homemade kits). The kids received pocket sized tin survival kit, similar to an Altoid sized tin. Some of the items the small kit contained for the kids were alcohol swabs, Band-Aids, paper clips, Q-tips, strike anywhere matches, safety pin, small pencil, as well as other items and a list of additional suggestions to include. The agents discussed what each of the items on the list can be used for in survival situations. Basic knot tying was discussed and how each knot is important for

different uses; the kids made paracord key fobs which helped practice some of the knot skills. They cooked their own lunch over the camp fire. The day concluded with each youth receiving fire starting rods and working on sparking their own fires on cotton balls; followed by plant, tree and animal track ID. The kids also made trail mixes, learning what types of foods are smart to include in the mix and how to include the different food groups.

Developing Future Leaders



Paloma Falcon, is the first candidate from Grayson County chosen for the State 4-H slate of Officers Team. She applied and successfully completed the two day interview process and was selected for the 4-H Treasurer slate. Paloma is the daughter of Jose and Nora Falcon of Leitchfield.

Paloma has been a very active member of Grayson County 4-H. She has participated in Local 4-H Teen Club, Photography Club, Livestock Club (Hardin Co.) Livestock Judging (Hardin Co.), Horse Club, Wild at Art, Cooking Club, and Needlework.

"I am glad to represent Grayson County this year as a State 4-H Officer. I have had a lot of support from people within my county within the past few months. I want to give back by encouraging other youth within my community to do the same. I hope to inspire them to step out of their comfort zone and become strong leaders."

-Paloma Falcon

Family & Consumer Sciences Education

Diabetes Support Groups



Natalie Taul, FCS Agent, and Angela Shartzter, RN welcomed the participants of the Diabetes Support Group. They would be learning many ways to take ownership in their diabetes

Diabetes is a prevalent disease in the state of Kentucky, as well as in Grayson County. A review of statistics from the county data profiles found on the Community and Economic Development Initiative of Kentucky (CEDIK) website, indicate that 13.7% of the Grayson County population suffer from Diabetes, 30.9% of the population are obese and 26.1% of adults are without health insurance. In addition to these statistics, a majority of questions received in our office pertain to Diabetes. Individuals are seeking information regarding a Diabetes diet along with additional nutrition information, information on counseling resources in our community, and/or are just seeking to simply become more educated about the disease and how to manage it. Partnering with the local health department and a local doctor's office, the Grayson County Extension Service began a monthly Diabetes Support Group utilizing the "Taking Ownership of Your Diabetes" curriculum. Using this as a guide, a different topic is discussed each month, and participants are encouraged to share their success and challenges. This class is provided free to the public. There were an average of 5 people who attended the classes in the first year. The local hospital has recently started a 6 week Diabetes Management course and will be advertising the free support group to their participants and encouraging them to attend this valuable, free resource.

Nutrition Education for Food Pantry Participants

According to the Grayson County Building Strong Families profile, 29.4% of families with children live below poverty along with 16.2% of those aged 65 and over. This makes accessing healthy foods a challenge for many families and individuals. The local food pantry serves over 700 families in Grayson County, many of them report that they don't know how to prepare the foods they receive each month. Working with the Grayson County SNAP Assistant and the director of the local food pantry, a series of classes were set up to teach individuals the basics of nutrition. The Healthy Choices for Every Body curriculum is being utilized for this class series.

The Extension Office is also providing the Healthy Choices Newsletters to the pantry for distribution to all families that they serve along with other nutrition related promotional items on a monthly basis. This is also an opportunity to highlight what Extension is doing in the community to an underserved audience. There are approximately 25 people signed up for the current class group. It is our hope to graduate these individuals and begin another class with new participants and continue this pattern. Data will be reported upon completion of the first seven sessions.



Robin Felix, SNAP Ed Assistant, taught participants of the food pantry "Healthy Choices for Everybody," a seven-class series on nutrition.



Agriculture & Natural Resources **Education**

Hay Quality & Supplementation Education

Livestock farmers in Grayson County have been working diligently to increase their winter feeding production through increased quality hay, and supplementing energy and protein needs with alternative feeds. Over 85% of farms have a spring calving herd, so energy and protein requirements will be higher in later winter and early spring. In 2015, the challenging growing season left lower quality hay, which was indicated by the 82 hay samples that were taken by the Kentucky Department of Agriculture.

The Agriculture Agent worked with the Associate Beef Specialist in Princeton to develop a comparison worksheet to show producers exactly what their needs were based on other samples. Out of the 82 hay samples, 76 needed supplementation at some point in gestation or lactation. An educational session was conducted on how to read the hay samples, and make supplementation rations in order to help keep the body condition score of their beef herd. The UK Beef Supplement tool was discussed. Over 80 farmers came in after the meeting to work one-on-one to develop a supplement ration for their herd.

A follow-up survey was sent to participating farmers in early April to see what resulted from their winter feeding. Seventeen surveys were returned, 15 farmers had spring calving herds. All 17 had sufficient hay supply for the winter, however, 11 indicated they supplemented feed. Out of the 15 respondents, 12 said they will test their hay in the future, and that they would change in their winter feeding next year. Some of the responses from farmers were that they:

- reinforced supplementation and will possibly grow more cereal grain hay
- feed more grain
- implement for rotations for coming years
- build hay barn to store hay and keep weathered loss down

From the experience this fall and winter season, the indication is that farmers did use some practices that were learned from the educational session and hay sampling.

Leadership Grayson County Ag Day



Leadership Grayson County participants visited Arbor Stone Vineyards, a new diversified agriculture enterprise in Grayson County

Leadership Grayson County, hosted by the Chamber of Commerce, hosted an Ag Day for their members in spring of 2016. This class consists of employees of local businesses, education, schools, non-profit, and local government. The Agriculture and Natural Resource Agent was able to expose the 28 leaders to Grayson County agriculture, statistics, and Extension. The highlight of the day was touring Arbor Stone Vineyards, a fairly new enterprise in the county. The participants learned about how much work it takes to run a vineyard and all of the economics that it entails. They also discussed future agri-tourism endeavors.



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Grayson County

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