



# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN HANCOCK COUNTY

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



#### Priority Program Efforts

- A total of **20** people are now involved in addressing significant community issues
- **200** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **33** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **400** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **275** youth and adults demonstrated informed and effective decision-making skills

Hancock County Cooperative Extension Service provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. Cooperative Extension is able to bring the resources of the University of Kentucky to our community. We can provide help in areas of livestock, crops, home lawns and gardens, pastures, and hay-fields. We specialize in identification and control of insects, weeds, and plant diseases. We provide nutrition education, opportunities for leadership development, and teach important life skills to our local youth.

## Hancock County High School First Ever Student Health Fair



Hancock County Health Coalition worked with the local HO-SA Club and 4-H to offer a Student Health Fair at our local high school. The fair was a collaborative effort with Hancock County Cooperative

Extension, the Kentucky Cancer Program, Hancock County EMS, local behavioral health, local hospitals, local health departments, local rape crisis center, and community education.

The health fair was offered to all students in grades 9-12 (over 500 students) and covered a wide variety of topics including: choosing a healthy drink, alcohol intoxication, physical exercise, synthetic drugs, diabetes, healthy relationships, self-defense, sun safety/tanning beds, oral care, depression, std's, eating disorders, and more.

In a written evaluation, 26% of the students learned the amount of sugar in soft/sport drinks and 44% pledged to make healthier food choices. 4-H presented information on alcohol and driving under the influence. Twenty-one percent (21%) learned about the effects of alcohol on the human body by the intoxication goggles and trying to complete simple tasks. This resulted in 12 students signing a pledge to not drink and drive.

Tanning beds are also very dangerous to our teens. After viewing their sun damage in a Dermascan machine, nearly all students pledged to avoid tanning beds. The evaluations showed all students learned multiple facts about their health and what they can do to improve it.

## 4-H Shooting Sports

Hancock County has a population of 8300 which makes us a very rural community and firearms are prevalent in the majority of the homes. With the 4-H Shooting Sports program focusing on safety, this is a very important program to offer our community and especially our youth. The focus of all 4-H programs is the development of youth as individuals and as responsible and productive citizens. The National 4-H Shooting Sports program stands out as an example. Youth learn marksmanship, the safe and responsible use of firearms and archery, the principles and ethics of hunting, and much more (source: National 4-H Shooting Sports Program Fact Sheet, 2009.)

Ten volunteers have completed the rigorous certification program and are University of Kentucky 4-H certified coaches. These coaches work together to provide the shotgun/trap, archery, pistol, and rifle training. The activities of the program and the support of caring adult leaders provide young people with the opportunities to develop life skills, self-worth, and conservation ethics (source: National 4-H Shooting Sports Program Fact Sheet, 2009.) These dedicated volunteers have given over 500 hours of their time each year for this 4-H program. They have also worked to secure nearly \$19,000 and built a trap house and range in a partnership with the Hancock County Game and Fish club. Shotgun coach, Mike Powers, was named an



Outstanding 4-H Shooting Sports Coach by the state. The leadership and dedication of these leaders who work with the 4-H Shooting Sports Club members are building a foundation that will have a positive and lasting impact for these youth.

## Raised Bed Gardening

Expendable income of most rural households has tightened. Families need affordable ways to provide healthy food for themselves. They also desire confidence in the food supply chain and are eager to know first hand the source of that which they consume. Many households' members have been removed from food production and are now seeking out information and demonstration on how to produce their own food.

This year, a community raised bed garden has been implemented to exhibit a variety of high yielding, cost effective and nutritious plants. The fruits and vegetables collected from this garden are being used to produce healthy lunches for senior citizens throughout our county while young community members are watching and learning how to plant, fertilize and spray these crops for a productive growing season.

The University of Kentucky Cooperative Extension Service, Hancock County, has utilized numerous Extension publications as well as SNAP-ED funding and healthy lifestyle information to conduct one-on-one training sessions on the production of food with individuals who want to then implement these practices in their homes and gardens. The Senior Citizens have commented on the fact that they were pleasantly surprised on how much yield one could derive from a raised bed, and how much they enjoyed incorporating a continual supply of fresh fruits and vegetables into their daily meals.



## Applied Master Cattlemen



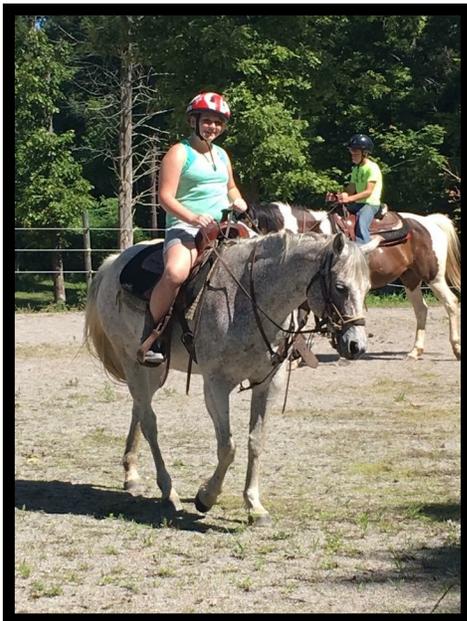
There are over 400,000 beef cattle in Kentucky. Animal agriculture education is a primary focus for the seven county Green River Area. Educational programs are needed to provide producers with tools necessary to be profitable and sustainable.

In collaboration with the University of Kentucky Beef Specialist the Green River Area Applied Master Cattlemen Program was offered. Applied Master Cattlemen is an in-depth approach to the evaluation of structure and genetics in an effort to enhance beef producers' knowledge, and potential profitability and enterprise. Producers were instructed on how to evaluate their cows and bulls for structural soundness. They also were exposed to more advanced tools for making selection decisions.

A written survey was given to 42 participants immediately after the program. According to survey results, 74% of the respondents learned that selection indices assist in selecting bulls for best economic outcomes for their herd. Ninety-four percent (94%) learned the hoof is the first body part to analyze when evaluating live cattle. More importantly, 71% of the respondents indicated they will begin evaluating their current herd and future herds for correct structure for the hoof and hock. 50% will begin to use EPD's more in their selection process.



*Congratulations to our 100 Mile Club Members!  
Together we walked, biked, ran, and swam*



*Horseback riding is a popular class at  
4-H Camp.*



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Hancock County

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 Changing Lives*

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