



# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN HOPKINS COUNTY

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

#### New 4-H Youth Development Agent in Hopkins County

Katie Jury is the new 4-H Youth Development Agent, working as a team with Jeremy Teal and Sherri Friend. After completing high school, she attended Campbellsville University and later transferred to Murray State University, graduating with a Bachelor degree in Agribusiness, emphasis in Marketing and Management. After obtaining her degree, she became an intern at the Nelson County Extension Office for 4-H Youth Development. Once her internship was complete, she went on to manage a local tack shop. Her next step in life took her to be a Program Assistant for the USDA Farm Service Agency in Elizabethtown for two years. Even though she was not an intern anymore, she was still involved in 4-H as a member of the Adult Council and Horse Club Leader. Life takes you on many journeys and adventures, which she feels has led her to the Hopkins County Extension Office. She is excited to be part of a great community and work with awesome people.



#### 4-H Youth Development

##### **4-H Camp A Great Success**

The Hopkins County 4-H Program experienced a regrowth in its 4-H camping program for the 2016 camping season. One-hundred thirty-nine campers attended residential summer camp, along with 27 adult and teen leaders, making the camping group the second largest county group in all of the 37 western Kentucky counties that use the camp facility.

Through the 4-H camping program, youth gain communication skills, learn new things, make new friends, learn to make decisions and work in a group, as well as appreciate the outdoors

#### **Priority Program Efforts**

- A total of **99** people are now involved in addressing significant community issues.
- A total of **3,760** individuals were reached through Extension programming related to health and safety.
- **125** youth made an impact in their community through service projects.
- **611** adults reported an increase in knowledge, opinions, skill or aspirations related to money management.
- **108** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs.
- **317** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming.
- A total of **145** youth and adults demonstrated informed and effective decision-making skills.

and what they have at home. Teens and adults have the opportunity to develop their leadership skills, learn new things, develop friendships and gain internal satisfaction of accomplishment. Trained, caring adult role models help children feel loved, capable and included. Camp provides children with a safe, supervised, positive environment, which helps children grow and develop.



According to the Independent Sector, volunteer time is valued at \$21.16 per hour in Kentucky, based on 2015 figures. The time for Hopkins County leaders for the camp week is calculated at a total value of \$57,132.

This year the Hopkins County 4-H Council, and donations provided 65 partial scholarships, which resulted in 65 underprivileged campers having financial assistance, so they were able to attend camp. A total of \$6,500 was budgeted toward direct camper assistance.

The Electronic survey conducted at the end of the 2016 Camp week, resulted in the following results:

- 54% were first time campers
- 90% felt like their cabin leaders cared for them most or all of the time
- 89% stated they were responsible (picking up clothes, cleaning) most or all of the time
- 98% made new friends
- 98% tried something new at camp
- 90% learned something that would help them at home, in school, or at other events
- 96% felt good about something they accomplished at camp
- 95% would like to go to camp again

## **Agriculture and Natural Resources**

### ***~ Cooperative Grain Production Research ~***

#### **Tri-County Grain Improvement Series**

Grain production and research are taking root in Hopkins County. With the cooperation and interest of local producers, research efforts are beginning to take shape. Throughout the 2016 season, local enthusiasts presented plans and acreage to begin a multi-year effort to evaluate corn hybrids, soybean varieties and in-furrow treatments that would be best suited for Hopkins, Webster and McLean counties. With 11 five-acre plots planted in the three cooperating counties, the studies centered around hybrid suitability and use for various soil types in the Green River area. Comparisons were made both in yield response, growth, quality and other means. Cooper-

ating producers were surprised by production totals and yield totals in all of the above mentioned plots. Plans to continue the study in 2017 are underway. These are exciting times for agriculture in Hopkins County and grain production is one facet that continues to shine in the county.

### **Shared-Use Equipment Program**



Small and minority producer access to key pieces of equipment, as well as certain hired services, has been severely limited in Hopkins County due to a variety of factors. Hopkins County Farm Bureau and the Hopkins County

Cooperative Extension Service took the initiative to address this problem through an innovative two-pronged approach that included both co-purchasing shared-use equipment and also sponsoring a "Shared-Use Equipment Day".

Equipment that was purchased by Hopkins County Farm Bureau included two 300-gallon boomless sprayers and a portable cattle scale and chute. These pieces of equipment were highlighted by a cooperative effort with our local extension office and producer input. In order to educate producers about the shared-use equipment and opportunities provided, the Hopkins County Farm Bureau and HCES, in turn, hosted a "Shared-Use Equipment Day" where producers were introduced to the equipment and the opportunities and uses that will follow.

Young and minority farmers are constantly facing the issue of lack of access to both equipment and services that are commonly provided and purchased by large operations here in Hopkins County. As a result, pasture and forage quality, cattle health and other factors can be negatively affected by the side effects of these hurdles. With that said, the Hopkins County Cooperative Extension Service has made an effort to address the problems by creating a Shared-Use Equipment program.

The Shared-use Program serves to address three main goals:

- 1.) Provide county producers access to services and equipment through a heavily discounted equipment rental program.
- 2.) Provide an educational opportunity to teach producers about the equipment offered by the program.
- 3.) Continue to improve the overall revenue and quality of farming operations, both large and small, here in Hopkins County

End objectives have included concerted efforts to

increase pasture quality and lot weights of cattle here in Hopkins County. Beef production is a major agricultural commodity in the county and improving both pasture and hay production will allow the overall quality of the county cattle herd to increase and appreciate in value. These services and opportunities have been provided to all county producers regardless of membership status through cooperative efforts between the Hopkins County Cooperative Extension Service, the Kentucky Agriculture Development Fund and Calhoun Feeds in Madisonville.

## **Family and Consumer Sciences**

### **Super Star Chef Summer Program**



**Super Star Chef participants learn to measure wet and dry ingredients.**

The Hopkins County FCS Agent and SNAP Assistant, in conjunction with the Pride Elementary School Family Resource Coordinator, collaborated to provide students with a week-long summer hands-on nutrition education program to fourth and fifth-grade students whose families participated in a supplemental food assistance program. At this particular school, 82 percent of students qualify for free or reduced fee lunches. The 20 students enrolled in the program received lessons on the food groups, MyPlate, and daily cooking lessons in which students worked together in groups to prepare healthy foods. Students learned knife skills, stove-top safety and cooking techniques, and how to properly use basic small appliances such as a blender, griddle, and microwave.

Students enrolled in the program completed a pre-test at the beginning of the program, and completed a post-test at the end of the program. At the end of the program, 100 percent of students enrolled in the program reported having asked their caretakers to make at least one of the recipes learned during the program, 100 percent of students reported asking their family to keep fruits and cut-up vegetables in a place where they can reach them, and 85 percent of students reported using the skills learned during the program at home.

## **Repurposing/Upcycling**

Kentucky consistently lags behind other areas of the United States in household income indicators, including personal income, population living below the poverty line, unemployment and revolving debt loads. Hopkins County has a higher percent of households living below the poverty line than the state as a whole (19.5, as compared to the state, at 18.65), and the average household income trails the state average by almost \$2,000. In an effort to better equip individuals with knowledge and skills to better manage and conserve their resources, the Hopkins County Family and Consumer Sciences Agent taught an area Homemaker lesson focusing on repurposing or “up-cycling”.

Thirty-one Homemakers participated in the leader lesson, with plans to take the information learned in the lesson back to their Homemaker Clubs to teach, with an anticipated impact of more than 300 Homemakers in the area. Participants learned ideas for how to take common household items and clothing, and turn them into new pieces. Examples include using cracked ice cube trays as organizers, turning a weathered end table into an ottoman, and utilizing fabric from a button down shirt to make an apron. Participants were provided an opportunity for hands-on practice with common re-purposing tools and tutorials on additional projects. As a result of the lesson, 100 percent of participants reported learning something new and 96 percent reported feeling able to implement the knowledge and/or skills learned.

## **Hopkins County Homemakers**

The Hopkins County Homemaker Association has gone above and beyond to provide needed goods, services, and funds to our community this year.

During the past year, Homemakers donated more than \$1,800 to various organizations, including the Hopkins County Library, UK Ovarian Cancer Research Fund, Coins for Change, and Baptist Health Madisonville. Members also participated in the Library Cupcake Wars, gave a \$1,000 scholarship to a local student, and made blankets for medically fragile children in Hopkins County. Individual clubs also donated to local food banks, clothing drives, and participated in recycling programs. This year, we also proudly welcomed a new special interest club to the county, the Pinterest Club!



## Horticulture

### Kids Gardening Workshop



Kids Gardening Workshop participants learn about different kinds of herbs and vegetables.

The Hopkins County Horticulture Agent and Pennyroyal Master Gardeners held a kids gardening workshop this past summer at the Hopkins County Extension Office. Twelve children between the ages of 8 and 11 participated in the program. The children who participated in the workshop learned about a wide range of gardening topics and engaged in several hands-on activities. During the workshop, the children were taught about pollinators and their lifecycles, learned how to properly plant a flower, identified and tasted different kinds of vegetables and fruits, identified and smelled different kinds of herbs, and toured the Master Gardener demonstration gardens.

The children took a survey on what was their fruit or vegetable they tasted and what was their favorite herb they smelled. Seven of the 12 children circled that out of the five fruits and vegetables they tried (cherry tomato, green pepper, cucumber, watermelon, and cantaloupe), watermelon was their favorite fruit/vegetable they had tasted. Eight of the 12 children circled that out of the six herbs they smelled (basil, rosemary, thyme, oregano, spearmint, and peppermint), spearmint was their favorite herb. At the end of the workshop, the children were able to take home their pollinator lifecycle activity, potted plant, and an arrangement of flowers cut from the demonstration gardens.

***“Being a part of the 4-H program in the Hopkins County Extension Service was such a life changing event for me. I became part of a family, built lifelong friendships, and found out who I was in the process. I wouldn’t trade my time in the program for anything and I can’t wait to see what my future holds with a career through Extension.” ~ Amelia***

## Pennyroyal Master Gardener Association



### Pennyroyal Master Gardener 2016 Trial Gardens

Originally created for the purpose of answering home gardener questions, the Extension Master Gardener program is a volunteer organization dedicated to teaching and training people about up-to-date and research-based horticulture topics. Upon completion of an intensive training program, Master Gardeners give back to the community by volunteering their time through educational programs and public outreach.

The Pennyroyal Master Gardener Association, which covers Hopkins, Webster, and Muhlenberg counties, is involved in a number of service opportunities including volunteering in community, trial, and demonstration gardens, teaching and assisting gardening classes for adults and youth, and participating in city beautification and agri-tourism projects.

During the past year, the Pennyroyal Master Gardener Association reported that 40 volunteers completed a total of 2,375 service hours. According to Independent Sector, the 2015 dollar value of volunteer time in Kentucky was \$21.16 per hour. Based on this rate, the volunteer service of the Pennyroyal Master Gardeners holds to \$50,255 in value.



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*Extending Knowledge,  
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