

EXTENDING KNOWLEDGE

Changing Lives

IN LINCOLN COUNTY

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



*Boneyville Risk Management /
Extension Service Update Program*

The **Boneyville Risk Management/ Extension Service Update Program** is very much a program for the entire family, with educational opportunities for youth and adults. This educational outreach program is designed to

provide research-based information participants can use to improve their overall health and well-being. The program is a joint effort among all County Extension Agents and the program assistants at the Lincoln County Cooperative Extension Service, Kentucky State University, and invited community partners. The program is held annually at a church in the Boneyville community. About 80 people, primarily minorities, participate in this event. Media efforts involved local pastors at two churches, newspaper articles, fliers, home visits, and personal invitations. Participants increased their knowledge about nutrition, health, and food safety; home gardening; soil testing; and available community resources. Such information is invaluable to changing the health situation of our county and the economic impact upon the lives of the participants and their families.

Priority Program Efforts

- A total of **51** people are now involved in addressing significant community issues
- **186** youth made an impact in their community through service projects
- **935** people were reached with information related to health and safety.
- **950** children and youth learned to eat healthier foods through FCS Extension programs.
- **507** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **1,267** citizens (youth & adults) acknowledged utilizing the practical living skills learned through Extension programming
- A total of **3,101** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **378** youth and adults demonstrated informed and effective decision-making skills
- **250** people increased their knowledge and skills regarding diet and exercise
- **5,155** contacts were made to help empower community leaders
- **881** people increased their knowledge about eating healthier foods.



4-H Environmental Day Camp at Logan-Hubble Park

Youth focus on natural resources at 4-H Environmental Day

Children spend six hours each day utilizing electronic devices, but less than four minutes a day in outdoor play. Research suggests environmental education can increase engagement in science, improve achievement in core content areas, and provide critical tools for the workforce. To promote life skills and increase environmental education, Lincoln County 4-H partnered with Bluegrass GreenSource to plan, implement, and conduct an Environmental Field Day for all 4th grade students in the county. More than 320 youth were able to participate in this fun, hands-on, educational event. When surveyed, youth reported the following: 85% had a better understanding of how a watershed works, 64% could properly identify steps in the engineering process, and 41% better understood how biodegradable products work.



Taylor Wesley Selected for Shooting Sports Teen Ambassador Board

This leadership board allows teen leaders to represent 4-H and, specifically, 4-H Shooting Sports, while also developing their skills in leadership, public presentation, citizenship, community service, public relations and team building. Youth must apply and be interviewed to be selected. Each of Kentucky 4-H's seven districts selects two representatives and those members serve a one-year term.



JD Noe State 4-H VP

Lincoln County is proud to have a state 4-H officer for the first time in 25 years. JD Noe was elected as the 2016-17 Kentucky 4-H Vice President in June. He is one of only four Lincoln County 4-H members to have been elected to state office since 1960. We are excited to watch JD continue to grow and mature as a leader as he represents Lincoln County.

Justice White Serving on Science, Engineering, Technology (SET) Leadership Board

The purpose of this board is to serve as an ambassador for 4-H SET programs, while also developing educational programs that provide opportunities for other young people to master skills, explore careers in the SET industry, develop leadership abilities, build self-confidence, improve public speaking skills, and share knowledge with others.



Lincoln County 4-H Camping Programs provide youth with opportunities to learn practical skills, gain a greater sense of independence, practice responsibility, and develop effective interpersonal relationships with caring adults and other youth. Lincoln County 4-H Camp attendance has increased from 57 campers in 2012 to 86 campers in 2015, an increase of more than 50%. In addition, in 2016, 12 teens served as junior counselors and 6 adults served as adult counselors. Results of camper evaluations showed that 88% of the campers learned to take care of themselves, 91% tried something new, 81% made new friends, and 82% felt good about something they accomplished at camp.





Lincoln County Extension Homemakers participate in the Fort Harrod Area Annual Business Meeting

Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families. To help strengthen the financial, physical, and social well-being of families, our educational programs focus on: Making Healthy Lifestyle Choices, Nurturing Families, Embracing Life as We Age, Securing Financial Stability, Promoting Healthy Homes and Communities, Accessing Nutritious Food, and Empowering Community Leaders. Family and Consumer Sciences Extension made over 10,000 contacts with Lincoln County individuals and families.

Media Programming Efforts

- County Agents Corner on WPBK-fm Radio
- Weekly information in the Interior Journal
- Information on the Lincoln County FaceBook page and the Family and Consumer Sciences webpage

Extension Homemakers Programming Efforts:

- 149 members and 14 clubs
- 2 KEHA State Chairpersons; 1 Area President; 1 Area Chairperson in County
- 1 International Club in the Phillipines--members there have started a feeding program to strengthen families in their community
- Members plan, conduct educational programs and community outreach efforts. Events include International Event, Fraud Prevention, Disaster Preparedness, Back Pack Program, Relay for Life team, Ovarian Cancer Tea, and others. Members are positively impacting the lives of others and helping to build stronger families in Lincoln County.

Food Preservation Workshops:

9 "hands-on" canning workshops offered, including canning meats, beef stew, tomatoes, and zucchini safely. 56 people participated in the classes. Participants reported learning the skills to safely can

these foods and feeling more confident using a pressure canner. Many of the participants had never used a pressure canner and a couple had not canned using a boiling water canner. Since the class, two clients have purchased a pressure canner.

Others have reported purchasing vegetables at the farmers market and canning those at home. Most of the participants in the meats and beef stew class had never canned either of these foods prior to participating in the workshop.



Champion Food Volunteer teaching a Lunch-n-Learn Program

Other Family and Consumer Sciences Programs

- Couch Potato Physical Activity Pilot Program
- Monthly Nutrition Education Programs at the Senior Citizens Center and Public Library
- Budgeting Workshops
- Physical Activity Programs
- Leadership Development Series
- Disaster/Emergency Preparedness Program
- Champion Food Volunteer Program
- "A Matter of Balance" Program
- Lunch-n-Learn Programs
- Healthy Homes Seminar
- Farmers Market Certification Trainings & Programs, including the Plate It Up Kentucky Proud recipe program

The Kentucky Nutrition Education Program

provides educational opportunities for limited resource individuals to acquire knowledge, develop skills and change behaviors that lead to improved health and well-being. The Nutrition Education Program for Lincoln County has worked with a wide audience over the past year including the following:



- 49 families have graduated the program.
- 20 families are currently enrolled in the program.
- 11 Preschool aged youth groups were graduated last year with a total of 195 individual students.
- 13 youth groups are currently enrolled.
- 11 Preschool classes (185 students)
- 2 Afterschool groups: K-2nd grades (26 students) and 3rd-5th grades (32 students)

Agriculture Extension Education & Service Program

Agriculture is the county's largest industry. One in every 6 jobs is related to farming and agribusiness. Agriculture generates over \$39 million of gross receipts for the county's economy. Beef cattle production generates \$15 million of the farm receipts, dairy production \$7.5 million, tobacco \$2 million, grain \$7 million, hay \$2.8 million, horticulture \$2 million. There are more than 700 beef producers, 40 tobacco producers, 38 dairy farmers, 45 cash grain producers, 75 horticulture producers and 10 goat producers in the county. Most farmers will have multiple enterprises. Since so much of the farming is forage-livestock, much of the Extension programming emphasis is on forage and livestock improvements.

Pest Identification

Twenty insects, 12 weed identifications and 20 plant diseases were identified and control recommendations presented to the individuals.

Soil Testing Service

The Lincoln County Extension Office process annually 900-1100 soil samples. The agent utilizes the results to present the farmers field by field recommendations for fertilizer use and crop management.

Media Programming Efforts

County Agents Corner on WRNZ and WPBK Radio
News columns in the Interior Journal.

Horticulture Programming

County Produce Growers Conference
Produce & Flower Research Projects
Farmers Market Programs (secured grants and constructed new market building
Home Horticulture Assistance

Other Service Programs Include:

Forage testing, ration balancing, manure testing, transplant water testing, grain moisture testing, grain quality testing, hay moisture testing and tobacco moisture testing, pesticide identification, pesticide certification trainings. weed identification, and plant disease diagnosis. Assistance also given to the Fair Board, Chamber of Commerce, Lincoln County Parks Department and Lincoln County Schools.

Agriculture Development

We provide assistance to the Lincoln County Ag Development Board to help distribute M.S.A. tobacco dollars. To date, Lincoln County farmers have received more than \$6 million to help improve crops and livestock production. Over 2800 projects have been funded to help farmers improve livestock genetics, grain & forage crop production, horticulture production, farm fencing. These cost share dollars have helped farmers put U.K. Extension recommendations to work on their farms.



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