Changing Lives

IN LYON 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 new digital sign is a very visible way to communicate the many Extension programs and activities offered in Lyon County.

Lyon County Extension Service strives to utilize local and University of Kentucky resources to make a difference in the lives of Lyon County residents.

This year we want to acknowledge two individuals in our office. Miranda Flynn is our new Staff Support Assistant, providing a friendly, professional greeting and assistance for visitors to the office. Don Robertson, serves on the County Extension Council and has represented Lyon County and District 7 well as a State Extension Council Delegate. We very much appreciate his time and efforts.

Priority Program Efforts

• A total of 193 people are now involved in addressing significant community issues
• 239 youth made an impact in their community through service projects
• 126 local residents implemented practices that promote sustainable agriculture
• 18 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
• 159 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
• 1045 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
• A total of 165 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
• A total of 205 youth and adults demonstrated informed and effective decision-making skills
• 15 individuals incorporated new or additional conservation practices.

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Office Manager

Miranda Flynn
Support Staff

Wanda Paris
4-H Youth Development

Angie York
Family & Consumer

Susan Fox
Agriculture/Natural

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Family & Consumer Sciences

The Family and Consumer Sciences (FCS) Extension Agent in Lyon County, Angie York, has had a full and rewarding year supporting clients in the Lyon County community and beyond. Programs in the FCS department are designed around the seven initiatives set forth by the University of Kentucky. The initiatives, including making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious foods, and empowering community leaders give a framework on which to base programming efforts throughout the year.

To further the initiative of making healthy lifestyle choices, in late winter of 2016, Lyon County won a battle in the fight with obesity. According to the CDC’s County Diabetes Atlas, one-third of adults over 18 in Lyon County are obese. As part of the Weight-the Reality Series Program, Lyon County Cooperative Extension, participated in a friendly battle with participants from Caldwell County Extension, in the Weight Loss Wars. Emphasis was placed on aiming for a healthy weight by understanding body mass index, understanding the importance of physical activity, reading food labels, portion control, meal planning and more. Twenty-seven (27) participants competed in the six-week program with 19 completing all challenges and joining in the final weigh-in. With a combined weight loss of 114 pounds, Lyon County defeated Caldwell County in the battle.

Promoting the initiative of accessing nutritious foods proves fun and fulfilling. Each month York visits the Lyon County Preschool, Audubon Head Start, The Lyon County Senior Center, and the Rainbows after School Program (provided by the Kuttawa United Methodist Church) to talk with children and seniors about the importance of making good choices daily when it comes to food and exercise. Being able to visit each community partner monthly promotes rapport building with children and adults. Having the opportunity to visit frequently allows for collection of evaluation data that is helpful to see if programming through Lyon County Extension FCS is creating change in the local community.

As the advisor for the Lyon County Homemakers, Angie couldn’t be more proud of the accomplishments they have made this year. As part of a network of more than 15,000 Homemakers across the state, Lyon County stood out as winners with the highest number of increase of members in Kentucky, with an increase of 31 members. For that achievement, they received a one-time stipend to use toward their good work in the community and the honor of having Ms. Way-to-Go who is a highly sought after Homemaker mascot. Additionally this year, the Homemakers have added a new Genealogy Club to their roster. With four traditional clubs and a quilt club already in place, Homemakers offer a variety of programming and options for any community member who wants to be involved.

Heritage arts are always enjoyed by community members in Lyon County. Because of that, several classes teaching skills such as crocheting, quilting, wreath-making, paper crafting, and more are offered monthly in FCS. It is the goal of the agent to make sure programs offered are timely and useful to all community members. Continuing a tradition of excellence in education remains top priority. The Lyon County FCS program welcomes community input and ideas to further the program in its endeavor to offer research based information to improve the lives of the individuals and families in Lyon County.

Agent Angie York with 2016 Homemaker President Connie White after receiving Ms. Way-to-Go at the 2016 State Homemaker Meeting in Northern Kentucky.

Lyon County Homemakers Carrie Barnett and Barbara Hicks Enjoying County Annual Day 2016 at Lee S. Jones Park.
4-H Youth Development

“4-H is a community of young people across America learning leadership, citizenship, and life skills,” describes the 4-H Youth Development Program in Lyon County where every 4-H program, event, or activity is designed to help meet one of four basic developmental needs of the youth involved: belonging, mastery, independence, and generosity. The child is central to all 4-H programs.

The 550+ youth who participated in 4-H programs were supported by 621 adult and teen volunteers who shared time, talent and/or dollars during the past year. Grants and donations of over $3,000, along with funds raised through poinsettia sales, helped sponsor 4-H programming efforts.

Programming is offered in each of Kentucky’s seven core curriculum areas: Leadership, Health, Communications, Family & Consumer Sciences, Agriculture, Natural Resources, and S.E.T. (Science, Engineering and Technology).

Nine after-school and specialty clubs provided special interest projects: Teen Leadership Council, Craft Club, FAN (Fitness and Nutrition) Club, Outdoors Club, Cooking Club, Shooting Sports Club, Livestock Club, Horse Club and Lego Club. Nine volunteers are certified by the State 4-H program for Horse, Livestock and Shooting Sports programs. Teens and other adults also assist with many of the clubs.

Thanks to the support from Lyon County school administrators and teachers, youth in grades 4-12 can belong to a 4-H school club. Every 4th and 5th grade classroom has a club, and in-school clubs are also available for middle and high school students— all with trained officers.

Leadership is a major focus for 4-H teens. One Lyon County teen served as a District 7 delegate on the State Teen Council. One teen served as an officer on Area 4-H Teen Leadership Council. Four teens attended workshops at the Southern Regional Teen Leadership Conference. Teens presented tobacco education to over 1,000 elementary students last year in Lyon and Livingston Counties. A Bullying program was presented by Lyon County teens to all 4th graders. The Teen Leadership Academy, a collaborative program with four other counties, provided a year-long leadership program for middle school students. Two 4-H teens fulfilled their dreams of becoming staff members at 4-H Camp.

Two 4-H day camps focusing on electricity and the environment provided classroom enrichment programs for 4th and 5th grades respectively. The 4-H Council sponsored 4-H National Youth Science Day, providing kits for every 4th and 5th grader. Other classroom enrichment programs are also offered throughout the year.

Reality Store, a financial education program was presented to all 8th grade students. Truth and Consequences, a positive decision-making program was presented to all freshmen. The two programs utilized approximately 75 community volunteers.

Other special programs included: trips to the KY State Fair, Country Ham Project, Vet Science Project, Kentucky Summit, Communications Day, DAT (Drugs, Alcohol & Tobacco) Awareness Conference, TATU program, Trash Sculpture, First LEGO League Competition Team, Make A Difference Day Beef Stew Drive, Spring Clean-up, Mother’s Day Flower Pots, Sewing Projects, Photography Projects, Horse Judging, State 4-H Horse Show, and Shooting Sports State Competition.

Lyon County continues to have an active camping program. Scholarship donations of over $1,500 helped youth participate in 4-H camping and conference programs such as: 4-H summer camp, Area Teen Retreat, Southern Regional Teen Leadership Conference, Horse Camp, Cloverbud Camp, Adventure Camp and State Shooting Sports Camp where they learned leadership, team building and communal living skills.

Limited resource families received nutrition information via a back to school event. Newsletters on health, nutrition and stretching resources are distributed monthly by the 4-H Agent to clientele through other agencies such as the Housing Authority, Social Services, Sr. Citizens, FRYSC and the school.

Agriculture & Natural Resources

Master Gardeners: Demonstrations, trials and learning are the goals of the Master Gardener Demonstration Garden. Fresh vegetables produced are provided to the Hope Food Bank. This year sixteen varieties of blueberries were planted in a raised bed. The planting demonstrates the soil requirements of blueberry plants and performance of different varieties. The herb tea garden was reworked into a butterfly and pollinator garden and a native pollinator class was held with the bee keepers. Volunteers contributed more than 400 hours to Extension programs.

Pesticide Training: Most tobacco farms in Lyon County employ H2A workers. Tobacco workers are required to have Pesticide Worker Training so that they understand the potential dangers of pesticides and know the restrictions for working in areas where pesticides have been sprayed. Twenty-four H2A workers along with four tobacco and one grain crop farmer attended a pesticide training held in Lyon County. Three staff from the West Kentucky Migrant Education Program provided interpretation and teaching assistance.

Hay School: A multi-county Hay School was held by ANR Agents from five counties. The forage specialist from Dairy One Forage Testing Lab in New York presented information on forage testing and quality. University of Kentucky livestock and economic specialists were also speakers. Twenty-eight farmers from six counties participated. Results from 21 evaluations are as follows: 52% agreed and 48% strongly agreed they had a better understanding of the cost of hay production, 67% agreed and 24% strongly agreed they felt more confident about sampling and reading forage test results, and 100% agreed or strongly agreed that the school would help them make decisions on their operation.

Grain Marketing: Eight grain crop farmers attended a half-day Grain Marketing Workshop with Ed Usset, Grain Marketing Specialist from Minnesota. Dr. Usset’s workshop, ‘Grain Marketing is Simple, It’s Just not Easy’ discussed common marketing strategies adopted by farmers and the pros and cons of each. Dr. Usset reviewed grain crop price history including the end of the second golden age of grain crop farming and the need to re-adapt to lower prices. Three farmers stated that they had used information from the class to make marketing decisions.

Wildlife Food Plots: Extension offices frequently receive phone calls about food plots for wildlife from hunters. To address this issue, five counties conducted a regional workshop for hunters in August. Fifty-six hunters from eight counties participated in the workshop. Evaluations were completed by 44 participants and 61% agreed and 34% strongly agreed that the workshop increased their knowledge about wildlife processing while 71% indicated they would change a practice using information from the workshop.

Farmers’ Market: Increasing the availability of fresh, local produce has been a goal of the Lyon County Farmers’ Market. The market Facebook page is now up to 373 likes and is growing as a means of sharing information about the market. Two hundred and twenty-five people attended the Farmers’ Market Celebration. A Tomato School was held with thirty participants.

Bee Keeping: The West Kentucky Bee Keepers meet monthly. A meeting this summer featured Dr. Ric Bessin, University of Kentucky Entomologist, speaking about honey bees and native pollinators to 24 bee keepers and gardeners. In October, a multi-county Bee School was held in Crittenden County with 72 participants and 7 topics.

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Extending Knowledge,
Changing Lives
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