

EXTENDING KNOWLEDGE

Changing Lives

IN ROWAN COUNTY

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



Popular scenic view (lookout) at Lockegee Rock in Rowan County

ROWAN COUNTY: MAKING A DIFFERENCE IN THE LIVES OF ALL RESIDENTS

The Rowan County Cooperative Extension Service continues its mission to bring research-based information from both land grant institutions (University of Kentucky & Kentucky State University) to local individuals and families. As we reflect on the past year, it is apparent that Cooperative Extension continues to make strides in serving a diverse group of clientele. Although we continue to meet the needs of rural populations, we are also hosting numerous programs that serve those living in more urbanized areas. Extension provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development and community and economic development. We hope that you will take time to review the programs highlighted in this report, and we look forward to seeing you at one of our programs soon!

Priority Program Efforts

- A total of **290** people are now involved in addressing significant community issues
- **10** youth made an impact in their community through service projects
- **200** local residents implemented practices that promote sustainable agriculture
- **30** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **130** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **280** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **500** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **375** youth and adults demonstrated informed and effective decision-making skills
- **25** individuals incorporated new or additional conservation practices.

AGRICULTURE

BEEF INTEGRATED REPRODUCTION MANAGEMENT PROGRAM

Beef cattle production is an important part of the local agriculture economy. Influencing producers to adopt practices leading to a defined calving season can enhance the reproductive performance of cow herds. Extension Specialist, Les Anderson, developed the IRM program and asked Extension Agents to identify producers interested in participating in educational activities intended to help them improve the ability of cows to produce a heavy calf at marketing.

The goal of this program is to educate cattlemen on using an integrated approach to increasing the reproductive performance of their cow herd. Two farmers in Rowan County participated in the project. To date, producers have adopted targeted reproductive management practices that shorten their projected calving season to 30 days or less and have initiated recordkeeping practices that can help quantify reproductive performance of cows. Work with a fall calving herd has included using CIDR's on 25 heifers, followed by artificial breeding in November 2015. Pregnancy checks on these females had 23 out of 25 bred.



Benjamin Crites is a Graduate Research Assistant at UK and is heading this demonstration. Ultrasound results for over 100 fall calving cows show most by far are bred back, including 23 out of 25 replacements AI bred. Also thanks to Heath Mineer for collecting weaning weight data for fall 2015 calves.

WOODLAND OWNERS EDUCATION PROGRAM

Approximately 80% of Rowan County is forested and well over half is privately owned. Morehead has long been a center for the forestry industry and recent establishment of a white oak stove factory has increased competition for white oak logs and stimulated interest in selling timber. The Woodland Owner Short Course was targeted at private

woodland owners and designed to help them manage their woodlands. The program involved UK Extension, state, federal, and private partners and consisted of classroom lecture and field demonstrations. Evaluation results following the program indicate 78% of respondents plan to use information to conduct timber stand improvements and control invasive plants on an aggregate of 3280 woodland acres. Comments from participants regarding the short course include: "A great place for novice woodland owners to learn about programs to help them become better stewards."



Bill Knott, Kentucky Division of Forestry Service Forester, explains Timber Stand Improvement practices as part of the Woodland Owners Short Course. The short course was held in conjunction with several agencies and was intended to help private woodland owners in the care and management of their woodland resources.

4-H YOUTH DEVELOPMENT

GEORGIA EXCHANGE TRIP

The Tufts University study of 4-H Youth Development has shown students that participate in 4-H tend to excel over peers that choose not to participate in the program. However, with many of our 4-H programs, it is sometimes hard to see the impact in a short period of time. The need to continue to strengthen or rebuild the 4-H Teen program is always a challenge. To overcome that challenge and provide a unique opportunity, 4-H Agents from Fleming, Rowan, Lawrence, Morgan and Magoffin Counties planned and implemented a Georgia Exchange program.

The program was designed to expose teens the similarities and differences of both 4-H programs in Georgia and Kentucky. It enabled the teens to network and establish relationships with a diverse group as well as obtain a great deal of communication and leadership skills. While in Georgia the teens participated in focus groups to

discuss state teen specific programs. Along with the discussions, the teens also enjoyed the Georgia State Fair.

The following quotes are feedback the teens provided to the agents:

- "It was fun and allowed me to interact and learn about other 4-H'ers. I was able to meet and bond with other teens from Kentucky that had the same interest as I did."
- "During the trip to Georgia, I learned about the community and lifestyle of my fellow 4-H'ers. I made lots of new friends and still talk to them regularly. I hope to be able to go on another trip with them soon."
- "I for one had an awesome experience in Georgia. I was introduced to a lot of great things I would never find here in Kentucky. I met extraordinary people from Georgia and learned about their culture and how it's not so different from ours. I would love to go back and see familiar faces."
- "It was fun finding out about how different but still the same 4-H is there compared to here. I loved sitting in a circle with them asking questions and learning about their program. I also enjoyed spending time with my best friends."
- "Being able to actually meet and learn about people from another state was something that I really enjoyed. Their State Fair is a lot different than ours and seeing one like that was really cool. In just one day I really got to know them and will definitely keep in touch."



4-H youth from Rowan, Fleming, Lawrence, Morgan and Magoffin Counties took a tour at River Falls.

To continue the state exchange program, Georgia Teens were invited to participate in 2016 Teen Conference and Kentucky Teens will revisit Georgia in the fall to learn about the camping program.

4-H CAMP

Fifteen (15) years ago, the Rowan County 4-H Camping program was maintaining around 55 total participants at camp. The 4-H Council wanted to focus on improving the camping program and seeking ways to increase participation. A few years ago, the Council met their goal and had a total of 100 participants that attended camp. Since then, the camping program has continued to grow in participation.

This has allowed the 4-H Agent and 4-H Council to set higher goals for the camping program. The new goal is to reach 200 in total participation in the next two-three years. That number came close to a reality this year, when Rowan County clocked in with 164 participants. The growth of the camping program has definitely marketed the 4-H program in the county. From the success of the camping program, local businesses, agencies and individuals have bought into the program by contributing financially. The positive experiences that the campers have encountered plays a significant role in the growth of the program as well.



In 2016, 164 4-H'ers and volunteers attended 4-H Camp at JM Feltner in London, KY. The camping program continues to grow.

FAMILY & CONSUMER SCIENCES

PROGRESSIVE FARM SAFETY DAY

According to the Center for Disease Control and Prevention, every three days, a child dies in an agriculture-related incident in the United States. Of the leading sources of fatalities among all youth, 25% involved machinery, 17% involved motor vehicles (includes ATVs), and 16% were drownings. For working youth, tractors were the leading source of fatalities followed by ATVs. Every day, about 33 children are injured in agriculture-related incidents. In 2014, an estimated 7,469 household youth were injured on a farm and 60% of them were not working when the injury occurred.

Farming is a hazardous industry. Farmers and farm workers work with potentially dangerous machinery, vehicles, electric, chemicals, and livestock. They are exposed to the effects of bad weather, noise and dust. The risks also include family members working at the farm and children living at the farm.

To help address the need, Dennis Perry, Progressive Agriculture Safety Day Coordinator, invited Rowan County Extension Agents (4-H and FCS) to teach safety classes at Progressive Farm Safety Day. The Family and Consumer Sciences Agent taught food safety and the 4-H Youth Development Agent taught chemical look-a-likes.

A total of 279 fourth graders, along with 22 high school students came to an all-day safety activity which included, chemical, ATV, tractor, machinery, electrical, small & large animals, reptiles, food and kitchen safety. Each student received a progressive safety day t-shirt and a goody bag with health and educational information.

Through verbal evaluation from the participants and teachers the following information was indicated:

- 100% of the teachers indicated that they would participate in the future.
- 99% gave positive feedback of information learned from the two classes.
- 95% of the youth participants promised to apply safety knowledge at home and to be more observant.

HOMEMAKER QUILT

In 1992, the Rowan County Homemakers completed this beautiful quilt to document our county's history, all of our historic landmarks in the county are included. This year's council decided the quilt should be framed and displayed where it would be visible for everyone to enjoy. The front entrance of the new Rowan County Courthouse was chosen.

A fundraiser for establish and our Homemakers went to work selling hand-crafted brooms to finance the framing. Our County Judge completed the hanging by paying for the final hangers for the frame to complete the project. We hope that everyone will stop by to enjoy and see the workmanship that was done to complete such a wonderful exhibit.



Rowan County Homemakers historic quilt made in 1992



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