



EXTENDING KNOWLEDGE

Changing Lives

IN RUSSELL COUNTY

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



Russell County Extension Office

In Russell County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H youth development, and community and economic development. The Russell County Cooperative Extension Office is your connection to the University of Kentucky and the world.

Russell County Cooperative Extension Service

Name	Title
Christy A. Martin	Agent for 4-H Youth Development
Pam York	Agent for Family & Consumer Sciences
Chelsey Pickens	Agent for Agriculture Development & Natural Resources
Wanda Miick	Agriculture Program Assistant
Margie Hernandez	SNAP-Ed Program Assistant
Sherri Coffey	FCS & 4-H Program Assistant
Patricia Richards	County Extension Office Staff Assistant
Sue Foley	County Extension Office Staff Assistant

Priority Program Efforts

- A total of **12** people are now involved in addressing significant community issues
- **140** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **350** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **98** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **139** youth and adults demonstrated informed and effective decision-making skills
- **225** youth reported an increase in knowledge of science relating to natural resources and the environment
- A total of **220** individuals were reached through Extension programming related to health and safety
- **200** youth and adults demonstrated increased practical living skills (learned through Extension programming)

4-H Youth Development

Capitol Experience

Fifth grade 4-H members at Salem Elementary participated in the My Russell County Community project as part of their school club meetings. The 4-H youth learned about the history of Russell County along with the economic impacts of agriculture, manufacturing, and tourism. They also learned about the local, state, and national elected officials and their job duties. The final activity was to examine the community of Russell County and conduct a community assessment. The culminating activity was a trip to the State Capitol in Frankfort, KY as part of the 4-H Capitol Experience on March 23, 2016. The 4-H members toured the grounds and facilities of the Capitol, met Sen. Max Wise and Rep. Jeff Hoover and sat in the gallery of the House of Representatives to view the legislative process.



4-H Fitness Month Activity–Russell County Home School Association 4-Hers use a parachute during a lesson about the benefits of physical activity.

Sew Fabulous

Russell County 4-H expanded to offer its first 4-H sewing club in over twenty years. Developing life skills and crafting skills such as sewing have been shown to increase hand/eye coordination, improve critical thinking skills, and help develop creative thinkers. Learning to sew produces a sense of confidence and accomplishment in youth as they learn new skills and complete projects. It also gives youth the opportunity to understand textiles, construction techniques, and design principles (National 4-H). Youth also learn to try new things, that mistakes are permissible and fixable, and that perseverance is important. The youth sewing program was offered over an eight-week period of time by two 4-H volunteer leaders. Sixteen youth

registered for the program and fourteen youth completed a project. Per a post-program evaluation, over 70% of the youth indicated that they learned the following skills:

- Using sewing scissors and pins safely and properly
- Needle threading for hand-sewing
- Using a seam ripper
- Naming the parts of a sewing machine
- Threading a sewing machine
- Controlling the speed of the sewing machine
- Controlling the fabric running through the machine
- Selecting appropriate fabric and matching thread for a project
- Cutting out a pattern
- Ironing safely and pressing a seam
- Sewing a straight seam and back-stitching to secure the seams.



Lakyn Stearns, State Champion, Jr Foods Demonstration, 4-H State Communications Day.

Family and Consumer Sciences

Basic Parenting and Support Group for Families

There is a great need to educate parents and enhance parenting skills as there were 350 reported child abuse cases in Russell County in 2013. The Russell County Family and Consumer Sciences program partnered with the Russell County Early Child Care Coalition to offer a series of parenting classes and a monthly support group for those

rearing grandchildren, foster children, etc. The series of parenting sessions were offered for four weeks with ten total participants. Topics of sessions offered were "Know How your Child Develops," "Care For Yourself/Proper Nutrition," "Show Your Child the World," and "Community Resources/Support."

Monthly support group meetings were held for those raising grandchildren, foster children, etc., with a mini educational lesson taught monthly. Fifteen individuals attended the meetings throughout the year. Each of the fifteen participants reported their physical and/or emotional health was stabilized or improved due to attending the meetings.

Sustainable Eating: Living off the Land

Four educational sessions were offered in the "Sustainable Eating: From Field to Table" Program. Consumer interest and desire to live off the land is at an all-time high. The word "sustainability" is frequently used when describing a way to do things that minimizes use of non-renewable resources. "Sustainable eating" describes a way that food consumers can make choices that support their social, economic, or environmental values. Eating for good health, making sure everyone has access to nutritious foods, and eating to minimize the impact on our planet are some commonly held values associated with sustainable eating. The four sessions offered were: "Cheese Making," "Noodle Making," "Yogurt Making," and "Beekeeping/Maple Syrup." The four week series consisted of demonstrations guiding the participants through the process of making cheese, yogurt, maple syrup, honey, and noodles. There were many other topics covered within the four sessions. For example, growing and grinding your own corn and wheat was also demonstrated, as well as making your own homemade granola. Local volunteers were carefully selected to demonstrate the specific skills and teach each session. A total of 21 participants attended the sessions.

Participants reported that the program had saved them money and taught them how to be more sustainable by making cheese, maple syrup, cottage cheese, noodles, etc. One participant reported, "The meetings were very interesting and educational. The information was very thorough and easy to understand. A good group of participants!

Everyone seemed to be very interested."

Supplemental Nutrition Education Program

Supplemental Nutrition Assistance Program Assistant, Margie Hernandez, worked with 63 families and 15 youth groups teaching basic nutrition and budgeting to low-income families in Russell County. Fifty-one percent of graduated families demonstrated improvements in diet quality/nutrition, while 76% demonstrated improvements in resource management.

SNAP-Ed Assistant Hernandez continues to network with key community agencies to extend services within the County. Some of the groups Hernandez worked with include Las Latinas Homemakers, Russell County Senior Center, Adanta, Lake Cumberland Housing Authority, Lake Cumberland Community Action, Russell County Head Start and Russell County Judicial Center. The following programs and activities have been conducted this year: LEAP, Professor Popcorn, Russell County Afterschool Program.

Russell County SNAP-Ed Assistant has served on the following coalition: Russell County Community Health Coalition. Public service activities include setting up informational booths at Longest Day of Play, Russell County Hospital Health Fair, and Commodities Distribution.



Transplanting vegetables in the Community Garden is a family effort.



Attendees at the *Transitioning a Farm* training listen to UK specialists Dr. Jennifer Hunter and Clint Quarles answer a question about estate planning for farms.

Agriculture and Natural Resources

Transitioning a Farm Program

On Thursday, October 15, 2015, twenty-eight people attended a program focusing on transitioning a farm from generation-to-generation. University of Kentucky specialists, Dr. Jennifer Hunter, Department of Family Science, and Clint Quarles, Agricultural Economics, gave an informative presentation highlighting the importance of estate planning, and the legalities involved in passing on a farm to relatives. Participants were able to interact with the specialists during a question and answer session.

Pruning and Grafting Workshop

The popular Pruning and Grafting Workshop was held jointly with Cumberland County Cooperative Extension Service, March 2016. Approximately thirty people attended. Participants visited a local farm to observe a pruning demonstration by University of Kentucky Horticulture specialist Dr. John Strang. Dr. Strang showed how to properly prune fruit trees in order to keep trees healthy, promote growth, and maximize production of fruit. The attendees returned to the South Kentucky RECC meeting room for a demonstration and hands on instructional session about grafting rootstock.



Participants at the *Pruning and Grafting Workshop* choose rootstock and listen as Dr. John Strang explains the process of grafting.

Strawberry Production Workshop

In February a strawberry production workshop and field day was held in conjunction with the Cumberland County Extension Office. Interested producers from several counties, Chelsey Pickens, Cumberland County ANR Agent, and University of Kentucky Horticulture specialists Dr. John Strang and Dr. Shawn Wright met at the Russell County Extension Office and traveled to Henry Cardwell's farm to tour his facilities. Mr. Cardwell grows strawberries in raised beds with plastic mulch both in the field and in his high tunnel. After the tour, the attendees returned to the Russell County Extension Office for lunch and a classroom session with Dr. Strang and Dr. Wright.

A Change of Agent

In January, 2016, Russell County Cooperative Extension Agent for Agriculture and Natural Resources, Chelsey Pickens, transferred to her native Cumberland County. The Agents and Staff of the Russell County Extension Office wish her well in her endeavors there. The Russell County Extension Office will welcome our new ANR agent, Jonathan Oakes, in the fall of this year.

Extension District Board

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University of Kentucky
College of Agriculture,
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