



EXTENDING KNOWLEDGE

Changing Lives

IN SCOTT COUNTY

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



Scott County Extension sponsored event, Second Sunday, has become a fall tradition and grows each year.

Scott County, making a difference in your life, your family, and your community.

Promoting healthy lifestyles is at the core of extension values. In an effort to educate the community on the benefits of physical activity, Cooperative Extension partnered with WEDCO Health Department, Georgetown College Athletics, Georgetown Community Hospital, the Scott County Public Library, and Passport Health Plan to raise awareness about the importance of healthy lifestyles. On the second Sunday of October these agencies came together at Evans Orchard to reach over 1,800 residents to provide information on healthy lifestyles. Resource materials were provided to attendees containing educational information and children and adults participated at physical activity stations. Extension program areas, Family & Consumer Sciences, 4-H, and Ag & Natural Resources, participated by providing volunteers, resource material or station activities during this collaborative event. Plans are in place to continue this event in the future.

Priority Program Efforts

- **982** youth made an impact in their community through service projects
- **262** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **530** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **3,121** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **300** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **1477** youth and adults demonstrated informed and effective decision-making skills
- **155** individuals incorporated new or additional conservation practices.

Family & Consumer Sciences **Reaching Others Through Service**

Extension Homemakers are a huge asset to Cooperative Extension Programming. The Extension Homemaker Association is a volunteer organization that works with the Kentucky Cooperative Extension Service to help improve the quality of life for families and Kentucky communities through leadership development, service and education. Areas of emphasis include nutrition, health, resource management, leadership development and environmental quality. Last year over 600 members in 20 clubs contributed over 8,000 hours of volunteer work to our community. Projects range from making t-shirt dresses for needy girls in Ghana to raising funds for Ovarian Cancer Research.

This year the Crochet Club has decided to focus on lifting people's spirits by letting them know someone cares. The group has been crocheting 3x5 pocket sized "prayer squares" to give to those in the local community struggling with health or personal issues. So far over 400 prayer squares have been given out in local hospitals, chapels, and through the hospice program.



FCS Agent, Whitney Hilterbran, and crochet club members delivering prayer squares to the chapel at Georgetown Community Hospital

Food Preservation Workshops

Promoting access to nutritious foods is a focus of Scott County Family and Consumer Science Programs. More people are interested in knowing the source of their food as well as what goes into it. This year, a three day food preservation workshop and a canning 101 class were held to teach safe

food preservation techniques. Participants of all ages attended the classes which were conducted with the support of retired FCS Agents and the SNAP Education Program. Through these workshops, participants gained the knowledge and skills to preserve foods using dehydration, freezing, water bath canning, and pressure canning. Participants were able to safely process locally grown foods and control the amount of added sugar and salt.

Horticulture **Limited-resource Kentuckians purchase more farm-fresh produce**

Since the mid-2000's Scott County Farmers' Market has participated in the Women, Infants, and Children (WIC) Farmers' Market Nutrition Program, a program established to help promote local Farmers' Markets and bring locally grown fresh fruits and vegetables into the homes of WIC participants. In Kentucky, WIC recipients receive Food Instruments (FIs) worth \$20 each summer to purchase locally grown fruits and vegetables or fresh-cut herbs.

The Scott County Farmers' Market partnered with the Scott County Cooperative Extension (SCE) horticulture program to increase redemption rate of FIs. Neighborhood flyers were placed in targeted areas on days WIC Food Vouchers were distributed and Farmers' Markets were open. The county's horticulture program also coordinated with WEDCO to have a distribution booth at the Farmers Market on several days to get the vouchers to those who need them. Additionally, the county horticulture program provided education about healthy food through recipe demonstrations and tastings of fruits and vegetables. Redemption rates in 2014 were 31%, 67% for 2015, and 2016 rates are pending.



Big Moves for Scott Co. Farmers' Market



Enjoying the freshness and flavor of locally grown fruits & vegetables and bringing home in-season, garden fresh quality has been an event for a limited number of citizens at the Scott County Farmers' Market since 1993. In the shadow of the Scott County Courthouse and City Hall, the Farmers' Market began to feel the pinch of limited space with only 7 to 8 vendors able to use the marketplace on any given Friday. Also, growers began to hear from customers who said "...would love to buy locally, but I am at work on Friday mornings." Thus, the Scott County Farmers' Market, Inc. made two big changes, by opening on Saturdays, in the City Parking lot on the corner of N. Broadway and Washington St. The new location quickly filled to capacity with a total of 14 vendors selling locally grown, made and produced fruits and vegetables, soaps, jams, spreads and crafts. Not only did the vendors/producers increase (*actual numbers are pending*), but the customer base has grown as well. A vendor was quoted "...our sales surpassed all we expected!"

Agriculture & Natural Resources Demonstrations of Construction & Design of Temporary Livestock Handling Facilities

Scott County, Kentucky has a population that is growing exponentially, causing a change in the rural population from experienced farmers to a higher majority of beginning and new farmers. Many of these new farmers have purchased land that are sections of what once was a large farm. Typically these small farms and parcels of land do not have animal handling facilities and the beginning farmers lack the education and experience to build what they need for their operation. Scott County Extension Agent, Michelle Simon, for Agriculture & Natural Resources worked directly with several young farm families in a similar situation- these farms had fencing for cattle but lacked any type of handling facility. The ANR agent

taught families cattle handling skills including designing a temporary handling facility. The families rented a squeeze chute and cattle panels and built a handling facility and utilized the equipment for the first time and were taught how to properly vaccinate, tag, and deworm their cattle herd. The knowledge and experience they gained has allowed them to purchase their own vaccines and de-wormer and properly administer these products, eliminating the need to pay for these services.

Pasture Renovation of Old Friends Horse Farm

Establishing and maintaining pastures and forage stands for horses can be a very difficult task. Horses can cause extensive damage to forage stands in unfavorable situations such as drought, flooding, or overstocking. Scott County has a diverse soil profile - the northern section consisting of shallow and rocky soil, and the southern section consisting of fertile, deep soils. Scott County ANR Agent, Michelle Simon, used this information to aid in the pasture make-over of Old Friend's Thoroughbred



ANR Agent, Michelle Simon, and Ray Smith, UK Forage Specialist, demonstrate forage seeding techniques at the 2016 Farm-City Field Day at Old Friends Thoroughbred Retirement Farm.

Retirement Farm which consists of 84 acres, and 106 retired horses, and is very overstocked.

Ms. Simon partnered with the UK Pasture Evaluation Team and Forage specialists and evaluated each paddock individually, data was formulated on a large scale to make the recommendations to improve the forage stand. With this guidance and assistance, Old Friends has significantly reduced the weed populations in all of their paddocks and increased the grass species in their stands. These results have decreased their on-farm expenses by extending the grazing season without having to feed hay to the horses year round

4-H YOUTH DEVELOPMENT

4-H Citizenship Washington Focus: Presidential Inauguration

In January, 2017, approximately 50 4-H teens from District 4 will be traveling to Washington, D.C. to attend the 4-H Citizenship Washington Focus: Presidential Inauguration. While attending the event, the 4-H teens will be participating in workshops, doing service projects in the city, and attending the Presidential Inauguration.

In preparation for the event, District 4 4-H Agents developed workshops for the teens to attend, that helped them gain a better understanding of the entire election process. The teens also conducted a mock election, including campaigning, debates, and voting experience. This is a once-in-a-lifetime experience that the 4-H teens will never forget, and it will provide them with education that they may not have been able to obtain through regular school classes.



4-H teens experience the voting process at a workshop prior to attending the Presidential Inauguration.

Education Through Environmental Camps

Many studies have shown that there are numerous health benefits for youth learning outside of the classroom. Schools are not often able to provide outdoor learning opportunities for students, therefore the students are lacking the proper education about natural resources and the environment that could be of benefit to them. Scott County 4-H provides the opportunity for Scott County youth to attend Environmental Camp at North Central 4-H Camp in Carlisle, Kentucky.

The youth are exposed to an outdoor, hands-on educational experience, while learning about a

variety of topics such as, entomology, birds, geology, soils, water, reptiles, and animal tracks. In total, 411 youth, from five different Scott County elementary schools, attended Environmental Camps during the 2015-2016 year. Before attending the camp, many youth stated they did not know much about natural resources or the outdoors. After attending the camp, the same youth stated they had a better understanding of natural resources and the importance of protecting them. A large majority of the youth also expressed a greater desire to spend more time exploring outdoors.



A Scott County 4th grader is holding an Eastern Red Spotted Newt for the first time while attending 4-H Environmental Camp.



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