



EXTENDING KNOWLEDGE *Changing Lives*

IN SPENCER COUNTY

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



Home of the Spencer County Extension Office, located at 100 Oak Tree Way, Taylorsville, Kentucky.

Spencer County Extension Office Staff



Front Row – Mollie Tichenor (4-H/Youth Development Agent), Tonya Tucker (Program Assistant), Allison Lewis (Family and Consumer Science Agent).

Back Row – Bryce Roberts (Agriculture and Natural Resources Agent), Nicole Hahn (Office Secretary), Terry Shelton (Custodian)

Priority Program Efforts

- A total of **5753** people are now involved in addressing significant community issues
- **1,135** youth made an impact in their community through service projects
- **190** local residents implemented practices that promote sustainable agriculture
- **350** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **2,770** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **6,957** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **1777** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **3600** youth and adults demonstrated informed and effective decision-making skills
- **139** individuals incorporated new or additional conservation practices.

Rain Barrel

By: Allison Lewis

Family and Consumer Science Agent

Kentuckians use nearly 70 gallons of water per person per day. By reducing the amount of water we each use, we can conserve energy, save money, and better prepare for water shortages and drought situations. Rain barrels are an inexpensive means of conserving water by collecting and storing rainwater from rooftops. According to the U.S. Environmental Protection Agency, roughly 1,300 gallons of water can be saved during peak summer months by using a rain barrel.

The Louisville Area Homemakers added the Rain Barrel lesson into their yearly lesson, Spencer County Extension office as the host. The Spencer County FCS agent coordinated with the other Louisville Area FCS agents and the Area Homemaker's President and with the help of the Spencer County Ag Agent and 4-H Agent the rain barrel lesson was taught at the extension office.

The Rain Barrel program equips participants with the information needed to obtain, install, use and maintain a rain barrel. Spencer County presented the Rain Barrel program to four participants. Because of this program, 100% of attendees stated that they will install a rain barrel at their home within the next three months, and 100% reported that they would learn more about and adopt other landscaping best management practices that protect and/or conserve water resources. By constructing and using a rain barrel, participants in this class have the potential to save over 5,000 gallons of water during the summer months.



Rain Barrel Example from U.K.

Wildlife Habitat and Management Program

By: Bryce Roberts

Agriculture and Natural Resources Agent

During the past 15 years, Spencer County has nearly tripled its population, going from 6,000 residents to nearly 19,000. As we have seen this growth, we've also encountered issues with wildlife damage to gardens and crops due to a decrease in wildlife habitat. In an effort to educate homeowners on how to deal with wildlife damage and habitat, the County Extension Agent for Agriculture and Natural Resources, along with the Wildlife Biologist with the Kentucky Department of Fish and Wildlife, developed two programs to help landowners.

The first session was how to properly develop wildlife food plots, which included information on how to properly amend the soils for crop production, the type of plots (grasses, flowers, etc.) wildlife like, and how to care for the plots.

The second session discussed how to keep wildlife out of areas where you do not want them, including gardens. After the sessions, a follow up discussion was held with each participant and 100% said that the programs had increased their knowledge on how to develop plots successfully and how to protect their land from wildlife damage. Of those attending, there was going to be a total of 45 acres developed into wildlife food plots that weren't in plots before.

As a follow up to the programs, a Wildlife Food Plot Field Day was held. The Biologist has received follow-up calls from several of the landowners that attended the field day and they have developed over 80 acres of native warm season grass/pollinator friendly plantings and 20 acres of winter wheat. These plantings are made possible with the use of the KDFWR native warm season grass drill that is free for landowners to use.

Until the landowners attended the workshop, they had non-agriculture fescue fields and fallow cropland. Over the next few years, they will be growing these areas into plant communities that will increase habitat quality for quail, rabbits, deer and turkey, as well as pollinating insects such as bees and butterflies. Both of the wildlife programs and food plot field day were able to highlight the positive effects of proper seeding food plots for wildlife and we will be able to see those results for years to come.

Anti-Bullying

By: Mollie Tichenor

4-H/Youth Development Agent

“Almost 30% of youth in the United States are estimated to be involved in bullying as either a bully, a target of bullying, or both. In a recent national survey of students in grades 6-10, 13% reported bullying others, 11% reported being the target of bullies, and another 6% said that they bullied others and were bullied themselves.

Bullying takes on different forms in male and female youth. While both male and female youth say that others bully them by making fun of the way they look or talk, males are more likely to report being hit, slapped, or pushed. Female youth are more likely than males to report being the targets of rumors and sexual comments. While male youth target both boys and girls, female youth most often bully other girls, using more subtle and spread gossip or encourage others to reject or exclude another girl.” (Source:

<http://www.safeyouth.org/scripts/faq/bullying.asp>)

It was the goal of the local 4-H Agent to partner with the Spencer County Elementary Guidance Counselor to host an event for all 5th grade students to promote anti-bullying with the *It Starts With Me* program. All of the 5th grade students participated in this program at the Spencer County Extension Office, which was over 150 students.



Fifth graders participated in Anti-Bullying Program

The local 4-H Agent led the workshop on *walking in someone else's shoes*, which was a lesson on empathy. Students were taught the importance of walking in someone else's shoes and participated in an activity where they selected a pair of shoes, then told a story about the pair that they selected. After the completion of this program, they realized that they didn't really know what others go through on a daily basis and just because they wear something that doesn't mean that the person feels that way on the inside.

The goal of this program was to provide awareness of the effects of bullying and to change their mindset before the students finish their 5th grade year and go on to Middle School. Keeping the previous goal in mind, the success of this program was tremendous!

Elementary Ag Day

By: Allison Lewis, Bryce Roberts, Mollie Tichenor



Local Elementary Youth Learn about Hay Production at Ag Day

The Centers for Disease Control and Prevention reports, on average, that 113 youth less than 20 years of age die annually from farm-related injuries (1995 -2002), with most of these deaths occurring to youth 16-19 years of age (34%). Of the leading sources of fatal injuries to youth, 23% percent involved machinery (including tractors), 19% involved motor vehicles (including ATVs), and 16% were due to drowning. An estimated 14,000 youth were injured on farms in 2012 and 2,700 of these injuries were due to farm work. (Source: <https://www.cdc.gov/niosh/topics/aginjury/>)

The Spencer County Cooperative Extension Service, along with the Principals and Counselors from the two local elementary schools and the Family Resource Center, saw the need to continue Ag Day because of the statistical information above. Several community partners were sought out to make this event a reality. The Spencer County Farm Bureau provided lunch for all of the booths and volunteers. Spencer County FFA students served as hosts for each of the classrooms. The Spencer County Board of Education provided buses for Taylorsville Elementary students to get to the field at Spencer County Elementary for the event.

Spencer County Ag Day was another huge success in the fall of 2015. All kindergarten to fifth grade students enrolled in Spencer County

Schools participated in this event, reaching nearly 1,400 students with over 65 volunteers assisting.

The Kentucky Cattleman's Association exhibited heifer, with local youth exhibiting sheep, goats, swing, rabbits, poultry, ducks, country hams and equine transportation. Local farmers were also a part of the event, exhibiting tractor and hay balers, pumpkin production and dairy cattle. Additional exhibits included ATV/motorcycle safety, local arrowhead display, riverboat captain (is this a person or subject), Bluegrass Bessie (milking cow), Soybean Board volunteers, Spencer County Farm Bureau and an entomology display.

The youth of Spencer County not only learned about local agriculture, but safety. It is the goal of the Spencer County Cooperative Extension Office that Spencer County students will not be included in the statistics above.

After the meal, the Farmer's Market participants reported an increase in sales of their locally produced items because of the publicity of the event and from follow-up buying by those who attended that evening. Many of the participants told the staff that by having this meal, they will increase their purchases of locally produced items. Spencer County Cooperative Extension Service was able to highlight the healthy agriculture and horticulture products grown in our county.



Dr. Jimmy Henning was one of our guest at Farm to Table



Chef Josh Moore talks with local producers at Farm to Table

Spencer County Farm To Table Meal

By: Allison Lewis, Bryce Roberts, Mollie Tichenor

The Spencer County Cooperative Extension Service hosted our third annual Farm to Table Meal in September 2015 to highlight that healthy meals can be produced solely by products grown in Spencer County. A committee made of members of all of the Extension Program councils worked with a well-known local chef and members of the Taylorsville Farmers Market to plan and host a five course Italian dinner.

All of the food prepared and served by the chef came from those who are members of the farmers market, with products including beef, pork, vegetables, breads, desserts, and mums for decorations. More than 140 people paid \$25 each to participate in the meal with the proceeds of over \$2,300 helping to sponsor Spencer County 4-H programs and Homemakers activities.



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