

EXTENDING KNOWLEDGE

Changing Lives

IN TODD COUNTY

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



KY/TN Grain Conference

In January 2016, Extension agriculture agents from Todd and Logan Counties in Kentucky; and Montgomery and Robertson Counties in Tennessee hosted the fifth Kentucky/Tennessee Grain Conference in Russellville, KY. Topics for the program included herbicide resistance and weed control update; agriculture cell phone apps and technology; best management practices to increase nutrient efficiency; corn, soybean and wheat disease control; and a 2016 grain market outlook.

More than 120 people participated in the Conference, with most being farmers. Certified Crop Advisor (CCA) CEU credits and Commercial Pesticide CEU credits were provided for industry professionals. Sixteen people earned CCA CEU credits and 12 earned Commercial Pesticide CEU credits.

Of those who participated in the program evaluation, over 90% indicated they would increase their level of crop management in the areas of weed control, cell phone apps, and crop disease control. More than 80% said they would increase their level of crop management in the areas of nutrient management and grain marketing. 65% said that what they learned would increase their income from grain production.

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Priority Program Efforts

- A total of **14** people are now involved in addressing significant community issues
- **21** youth made an impact in their community through service projects
- **10** local residents implemented practices that promote sustainable agriculture
- **20** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **40** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **250** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **50** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **90** youth and adults demonstrated informed and effective decision-making skills
- A total of **84** fathers reported improved communication with their children.

4-H Partners with Fathers

The Todd County CYFAR Fatherhood program is in its third year grant cycle. The primary goal of this program is to strengthen parenting skills of fathers as a means to promote family resiliency. One grant funded program being



offered in Todd County by the CYFAR assistant under leadership of the 4-H Youth Development Agent works to break the cycle of incarcerated fathers. Fathers who complete this program and all its requirements are eligible for 90 days deducted from their sentence. Incarcerated fathers work through the 12 week "Inside Out" Dads curriculum. All 84 incarcerated fathers who have completed the program revealed that they have improved their communication skills with their children and have a renewed sense of what a good father is supposed to be. All fathers revealed an increase in positive perceptions about their relationships with their children. In addition, only one father of the 84 participants since the program began in 2014 has been re-incarcerated, or .01% compared to the state average of 29.5%.

Pesticide Certification Training

One hundred thirty-one farmers received Restricted-Use (RU) Pesticide Certification training this year at seven Todd County Extension pesticide educational programs. As always, safety when handling chemicals was a major emphasis of these sessions, along with proper pest identification so that appropriate control methods may be utilized. Other topics emphasized included the environmental concerns related to farm chemical use, and the importance of proper spray calibration.

We spent extra time discussing rotating pesticide chemical groups to slow or avoid development of resistant pest populations. Todd County already has significant populations of resistant pests--particularly weeds. They included glyphosate-resistant marestail, Italian ryegrass, Palmer amaranth, waterhemp, etc. Farmers have always tended to be pragmatic--they use the pesticides that work for them. But the increase in herbicide-resistant weeds is helping many of them understand how their chemical choices can be a factor in the development of resistant pests. A significant number of producers now make a conscious effort to rotate chemical groups when applying pesticides. Because fruits and vegetables are major crops in the county, many producers will also be adversely affected by any resistance issues that develop with specialty crop insecticides and fungicides.

Healthy Choices for Every Body

Through enrolling individuals in the "Healthy Choices for Every Body" classes, the Todd County Nutrition Education Program (NEP) Assistant taught 77 families how



to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. Pre- and post-tests showed that 89.6% of families who graduated from the classes made an improvement in the nutritional quality of their diet. Seventy-eight percent of participants showed improvement in one or more food resource management practice; 71% showed improvements in one or more nutrition practice; and 19 families enrolled showed a total cost savings of \$213.00 per month.

Pedestrian Plan

The Todd County Extension Service Family & Consumer Sciences Agent partnered with the Todd County Health Department and City of Elkton to assist the city in developing a community pedestrian and bicycle plan. The committee reviewed existing conditions in the city and developed a community survey to assess the city's walking and biking needs. The survey analyzed modes of transportation used in the past year as well as frequency and distance walked and biked; and gathered recommendations for increasing walking and biking.

When asked what they would recommend to make it easier to walk/run more, 81% of respondents said they would recommend more pedestrian facilities like sidewalks, paths and trails; 52% recommended improving existing sidewalks, and 49% recommended more or better lighted areas. When asked about making biking easier, 79% said they recommended providing more bike lanes/paths/trails.

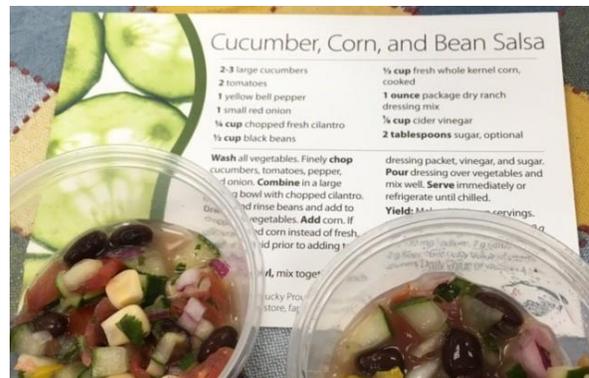
Committee members reviewed the survey results and community assessment and developed proposed project areas to meet the needs of the community, including a new sidewalk on West Main Street to the city's largest retail store, a designated walking/biking trail away from traffic, a sidewalk from the high school to a rural health center, widening and renovating existing sidewalks, and connector routes on side roads.

Students Leap for Healthy Foods

Students in Todd County learn about nutrition and healthy living with storybook readings, lessons and activities from the Literacy, Eating and Activity for Preschoolers (LEAP) curriculum. Todd County Cooperative Extension partnered with the county school system to teach 77 preschoolers about staying healthy, being physically active, eating more fruits and veggies and building other

healthy habits. During the six-week program, students engaged in physical activity and tasted fruits and vegetables. As a result of this program, the majority of participants experienced increased knowledge to help them build healthy habits:

- 94% know that milk, juice and water are healthier than soft drinks
- 94% understand that exercise is important
- 88% can recognize healthy foods versus junk foods



A preschool teacher shared feedback she has received from parents of children in the program and expressed appreciation for the difference it has made. "Many of our preschool parents have commented that their child has started telling them what foods are healthy and what foods are junk. We appreciate the opportunity to participate in the LEAP program to promote healthy habits for our preschool students and their families."

A 4-H Culinary Experience

The Todd County 4-H Program along with the NEP program conducted a 4-H Cooking Club series designed to build kitchen & cooking skills in elementary and middle school youth. Local Extension staff used the Super Star Chef curriculum and provided the instruction, materials, and teaching facility for this educational



series. Twelve cooking club members prepared new recipes incorporating fruits and vegetables, whole grains and dairy products through the seven session program. Pre- and post-tests were used to evaluate the series. Although 100% of youth indicated on the pre-test they could properly measure and use basic kitchen tools prior to the series, upon being asked to demonstrate such skills, only 33% actually knew how to use liquid and dry measure tools correctly. Upon completion of the series, 100% could properly use both types of measures. The post-test also revealed that 88% tried a new fruit or vegetable (including spinach). The post-test also revealed that 90% were comfortable cutting fruits and vegetables using proper techniques. More than 85% developed an understanding of the importance of eating more fruits and vegetables, whole grains and dairy products. Ninety-five percent of the members revealed that they tried at least two new recipes at home sharing these objectives with their families.

A District 7 Culinary Challenge allowed these cooking club members to test their skills and create a dish using team work and their learned culinary skills. The Todd County 4-H team placed 2nd in the Culinary Contest.

4-H Expressive Arts

The 4-H communications and expressive arts program transforms passions into future career paths for 4-H members. In Todd County 4-H, 15 members performed locally in the 4-H Variety Show, more than 150 gave a speech and/or demonstration through the 4-H Talk Meet, 18 learned about careers in the arts through the Kentucky 4-H Performing Arts Troupe, and eight gave back to their community by teaching fine arts to younger students while seven performed on stage at the Kentucky State Fair. One of the 4-H Troupe members said, "I've always been interested in leadership, but being part of the troupe gave me the confidence, skills and resources I needed to become a leader in an

area I'm passionate about, so I can help others discover their passion for it." This 4-H Troupe member, like many others is continuing her education as she majors in music therapy because of the opportunities provided through the 4-H communication and expressive arts program.



"Becoming a member of the troupe was one of the best decisions I have ever made. "It has helped me grow as a leader, a musician and a person."

- Halie Sawyers



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