

EXTENDING KNOWLEDGE

Changing Lives

IN TRIGG COUNTY

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



Trigg County Ham Festival - Ham Show Winners

Trigg County Cooperative Extension Agriculture and Natural Resources along with the University of Kentucky College of Agriculture, Food and Environment have a long history of providing unbiased educational information to local producers. Extension Agriculture utilizes farm tours, farm visits, phone calls, field days, on-farm demonstrations, electronic and radio media, as well as trainings and classroom meetings to assist clients in increasing their knowledge base.

Several Educational opportunities were offered to help producers expand their knowledge and improve production. Some of these included; the Cattlemen's mineral program, Pesticide applicator trainings for private applicators, Beef Quality Assurance (BQA), Tobacco GAP trainings, and our annual summer farm tour.

The Trigg County Country Ham Festival is an annual event that celebrated its 40th anniversary this year. Emphasis was returned this year to the country ham, a commodity Trigg county is well known for. Fifteen (15) 4-H and 21 ham producers were entered in the country ham contest. Agriculture, FCS and 4-H exhibits were all displayed together allowing over 600 people to see the 561 exhibits. The top 4-H hams were auctioned off and raised \$8,350 for the 4-H program.

Priority Program Efforts

- 31 local residents implemented practices that promote sustainable agriculture
- 63 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 354 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 200 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 182 youth and adults demonstrated informed and effective decision-making skills
- 31 individuals incorporated new or additional conservation practices.

Master Marketer

The County Cooperative Extension Services of Trigg, Caldwell and Christian counties teamed up to host a series of Master Marketer meetings for our cattle producers. The meetings were well attended by producers with over 30 cattle farms represented. The meetings were supported by our local businesses. Two local farms provided the meat and one local stockyard provided funding for the meals provided at the meetings.

The meetings featured three UK Extension Specialists all presenting different methods and strategies to help manage risk in a volatile cattle market. Topics covered in the first two meetings included: price basis; seasonal fluctuations in cattle markets; shrink and how they each affect sale prices; quality and grade considerations; budgeting for cow calf as well as stocker operations. The later meetings covered futures and option strategies for managing price risk, how the Livestock Risk Management Program works, and how to combine strategies to create a more personalized marketing plan to meet each producer's goals.



Local producers learning new methods and strategies for cattle marketing.

Three weeks following the meetings, two producers reported already adopting some of the strategies they learned about in the Master Marketer Program. They had never previously used any risk management tools with their cattle. These producers reported using a futures contract, while they didn't know yet if it was the right choice, they both enjoyed the security of having their calf crop priced now rather than hoping for luck with the markets later.

Trigg County 4-H

4-H offers opportunities for youth to develop leadership and life skills necessary for them to be productive citizens and leaders in their communities. The Trigg County 4-H Program consists of school clubs, after school clubs & classes, project clubs, special interest and school enrichment programs. The programs are offered in seven core curriculum areas: Leadership; Communications; Family Consumer Science; Science Engineering and Technology; and Animal Science; Health and Natural Resources. 1020 youth were reached through these educational programs.

4-H Shooting Sports Ambassador

Maylee Frye served as one of the four 2015-2016 state shooting sports ambassador. With the county shooting sports program being only two years old, she wanted to become involved in the shooting sports program as fast as she could. The ambassador program was the best way. Prior to applying for the leadership role she had to become a certified shooting sports volunteer. During her year as an ambassador, she spent approximately 280 hours volunteering. With volunteer time a value of \$23.56, she donated \$6596.80. Her service included a weekend of leadership training; presentations at the State Teen Council and Kentucky Volunteer Forum; assisting with the state shooting sports awards; assisting with the fall and spring shooting sports certification training; teaching at the shooting sports camp and visiting counties to assist where needed and promote shooting sports. When asked what she learned from this leadership role, she said "I have truly benefited from the ambassador program. I have gained communication skills that I didn't have before. I can speak in front of a large group. I have learned time management, needing to arrange work and school schedules so I can fulfill my obligations. I have also learned to make friends and talk to people who might be different from me. It has been an experience that has made me grow as a person."

Youth Leadership

Trigg County hosted two different leadership events with government day being their favorite. The day included touring the various County offices and learning about the roles of their elected county officials. While visiting the judicial center, the youth observed firsthand the roles of all the courtroom employees, lawyers and district judge. During a brief recess, the youth met with District Judge Jamus Redd to ask questions regarding what they observed. Judge Executive Hollis Alexander shared the many roles of the fiscal court, including meeting the financial obligations of the county. A role playing situation, led by Magistrate Mike Wright, taught them how the fiscal court addresses local issues. A post-survey indicated 100% agreed they understood the purpose of the various government entities such as a fiscal court. They were better prepared to be leaders in the community and were willing to serve in that role.



Veterinary Science club members observed a shelter cat being spayed.

Veterinary Science Offers Hands on Learning

Hands off learning in the 4-H Veterinary Science Club encourages youth to study science and math. Exploring careers in these fields is an objective of the 4-H program. Todd & Joanna Freeman, two local veterinarians, conducted a series of meetings at their office. During the club meetings youth learned the requirements to become a veterinarian. All employees shared their job responsibilities and educational requirements. The majority of the time was spent on hands-on activities that occur daily in the clinic. They did a physical exam on a dog, learned the species and viewed specimens of

bladder stones and a heart affected by heart worms. The youth brought stool samples of their pets and livestock to analyze under the microscope. They practiced injections on oranges, did sutures on chicken skin and read x-rays to determine the problem on the afflicted animal. One homework assignment was a math worksheet to determine the amount of anesthesia and pain medication for an eight pound cat. At the final meeting, they observed as a shelter cat was spayed. At the conclusion of the project, 100% of the youth indicated they understood the day to day operation of a veterinary clinic. They could name the subjects you need to excel in to become a vet. Sixty-five percent (65%) thought they could give shots, read x-rays and stitch up a cut. One hundred percent said they wanted to work in a vet clinic but only 75% still wanted to be a veterinarian. The majority of the parents indicated that their child had more interest in math and science. One mom stated "This has been such a great educational experience for my child. I never expected them to have so many hands-on activities. It really showed her what a vet really does."

Trigg County Family & Consumer Sciences

The goal of the Extension Family & Consumer Sciences Program is to improve the quality of life for individuals and families of Trigg County. We do this through education and leadership opportunities.

Step it Up Trigg County!

A physical activity promotion was planned by the FCS agent in conjunction with the Trigg Health and Wellness. The Trigg County 4-H agent and SNAP-Ed assistant were also involved in starting the program. Trigg Countians were asked to commit to taking at least 7500 steps each day through March and April. The FCS agent created a flyer, registration sheet, liability waiver, and log sheet for each participant and also arranged with UK Healthcare for each participant to receive a pedometer at no charge. Expectations were for about 100 people to sign up, but the final count was 203 participants. The FCS agent also created a "Step It Up Trigg County!" Facebook page to help inform and encourage participants.

The promotion lasted from March – April, 2016 and log sheets were collected the first Saturday in May at the Trigg County Amazing Family Challenge. One hundred percent (100%) of these participants

that returned logs stated that their general fitness had improved, and that they planned on continuing to be physically active. We were encouraged by the fact that the program did make a difference in a few lives and will be improving the program for 2017.



Gloria Davis, Trigg County Extension Homemaker helps a local preschooler do his "Christmas shopping" for his family at Candy Cane Land.

Trigg County Extension Homemakers

Extension Homemakers have always been one of the strongest leadership organizations in Trigg County. This year there were 123 members of the Trigg County Extension Homemakers Association in 8 clubs. There was also a Homemaker Book Club that met in addition to our regular club meetings. Our Homemakers reported 1474 Extension and community volunteer hours, at a value of \$32,560 to the community. There are many who will not report their hours because they refuse the recognition. Two of our county members serve as Pennyriple Area Homemaker educational chairmen and one serves as Pennyriple Area Homemaker secretary. Three county members attended the state Kentucky Extension Homemaker's Association (KEHA) meeting in April of 2016. Many members serve as officers and leaders in other civic groups and are especially active in the Hospital Auxiliary, Beta Nu, and Lions Club.

The Trigg County Homemakers sponsored their annual Candy Cane Land for the preschoolers in the Trigg County School System. Most of these 90 children are low income, at risk children. The children ride the bus to the Trigg County Extension Office and are given the opportunity to "shop" for Christmas gifts for their families.

The project also provided a party for the Early Head Start children and their parents. This group

made a healthy snack, did an age appropriate craft, sang songs and were read *The Night Before Christmas*. The families were sent home with a bag containing toothbrushes and toothpaste; coloring books and crayons; ingredients to make a chocolate pumpkin snack cake and the utensils to make it. Nutrition information was also included in the bags. Twelve (12) families were served by this program.

I am Moving. I am Learning.

Trigg County tends to follow the health trends of the whole state of Kentucky--high rates of obesity, heart disease, diabetes, and other chronic diseases. Recent data showed our obesity rate to be about 30%. The Extension FCS agent provides programming with seniors, adults, and families to encourage good nutrition and physical activity in an effort to reduce the rate of obesity. This year the message of increasing physical activity was taken to the child care providers in our four community preschool centers.

The FCS agent received training on the "I am Moving. I am Learning." curriculum developed by Head Start. She then taught six two-hour sessions to child care providers in the community. These sessions were Opportunity Knocks: Reversing Current Obesity Trends; Birth to five: Introduction to Motor Skills; Moving with the Brain in Mind; Teaching Across Cultural Horizons; Child Assessment: Observing and Evaluating Motor Skills in Young Children; Making the Most of Your Music; Building Blocks of Nutrition.

A total of 27 child care providers participated in the training sessions. 100% of the participants increased their knowledge of providing physical activity opportunities.



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