

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 4-H and FFA students who volunteered their time to help with the annual Farm Tour

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; therefore allowing farmers to make informed decisions on practices and products that will directly affect their environmental and economic sustainability. Extension Agriculture utilizes farm tours, farm visits, phone calls, field days, electronic and radio media, as well as pesticide trainings and classroom meetings to assist clients in increasing their knowledge base. In the absence of a ANR agent until May of 2015, several ANR agents from surrounding counties along with the FCS and 4-H agents in Trigg County and the Agriculture Advisory committee worked to keep essential programs going, some of these included pesticide trainings for applicators, GAP (Good Agricultural Practices) trainings for tobacco growers, the Agriculture appreciation dinner and the farm tour.

Trigg County Extension Agriculture in conjunction with the Trigg County Ag Committee organized the Summer Farm Tour. It is designed to give attendees a firsthand look at modern farming and conservation methods. The tour this year was centered on farm operations that were different from our traditional corn, wheat, soy, and tobacco farmers. All locations toured grew crops or livestock on the farm in addition to a retail outlet for their products to be sold.

Priority Program Efforts

- A total of 45 people are now involved in addressing significant community issues
- 87 local residents implemented practices that promote sustainable agriculture
- 600 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 373 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 325 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 378 youth and adults demonstrated informed and effective decision-making skills



Wadlington Saw Mill one of the stops on the annual Farm Tour.

The first stop was a row crop operation, probably better known for producing their “Antler Dirt”. The next stop was an alpaca farm where we were given the opportunity to view animals, learn about raising them, and how the wool produced is used to create the products available for sale in their store. The final stop included a working sawmill where they used finished lumber to create tables, hardwood flooring and other furniture. A UK forestry specialist was on hand at the Sawmill to discuss how to better manage woodland resources, and go about planning a timber harvest. The farm tour is an excellent opportunity for the people of Trigg County to see firsthand how some Ag commodities are used to produce an end product right here in our own county. Something many don’t think about happening very often in our community. Over 300 community members and leaders were in attendance at this event.

Trigg Triggers 4-H Shooting Sports program have continued to “hit the mark” on several levels in 2014-2015. “This program has been the fastest growing project in the 21 years I have been in Trigg County”, says 4-H Agent Janeen Tramble. The program has gone from 3 certified coaches in 3 disciplines in 2014 to 10 in 2015, all recruited by the 3 original coaches. Countless hours were provided to the youth working on the basics – teaching safety and working one on one to help sharpen their skills. This year the coaches worked tirelessly to acquire a shooting range. Therefore, after making requests to numerous land owners to lease land, the coaches were able to lease property, for the amazing price of \$1.00, in town for the rifle/pistol range and out of town for the trap range. A reduced price was negotiated for the majority of supplies and equipment with a cost of around \$1800. For several nights and weekends the coaches, parents and 4-H members worked to complete the range. Approximately 580 hours of

volunteer time was given toward this project. The current value of volunteer time per hour is \$23.07, therefore giving the value of \$13,380.60 for their volunteer time. From the 32 active members, 69 % of those members have competed in invitational competitions and represented our program in a very positive way. The shooters practice twice a week and often attended regional shoots on Saturdays. Nineteen club members attended the state shooting sports competition. Trigg took 1st place in the 9-11 year old 22 sports rifle class. Team members were Jace Tyler, Aiden Frye, Matthew Carpenter and Heidi Hite. Aiden Frye took 4th place overall in the 9-11 class and Derek Joiner placed 6th in the 12-14 division. Gage Mathis placed 3rd out of 286 shooters in the 12-14 shotgun division.



“I volunteered to help youth develop safety firearm skills. By recruiting new coaches so we can grow the program, I have developed new leadership skills and made new friends.”
-Jeff Hite, Trigg Triggers Coach

Teen Leadership Academy is born. Four Western Kentucky county 4-H agents – Caldwell, Livingston, Lyon and Trigg – joined forces to meet a need that was present across all county borders. Middle school students lacked opportunities to expand leadership potential and learn about community engagement. Under the direction of the county agents, four delegates were selected from each county through an application process. These youth participated in a year-long leadership academy that would help them become aware of community assets and help them grow leadership skills. Each month the academy delegates visited a different county where they learned about different aspects of that county. Delegates from the host county led ice breakers and leadership activities for the delegation each meeting. Delegates were grouped together, one from each of the four counties, and were given an assignment to prepare a presentation on a topic related to leadership or what was learned about community assets. Each member of the group had to participate in the preparation and presentation, enhancing teamwork and communication

skills. Presentations were given at a formal dinner/graduation ceremony for delegates and parents. Trigg county TLA members committed to community engagement by supporting the Amazing Race (a family fitness day) with 4 hours of activities including hula hoop and jump ropes. They also baked cookies for a fundraiser for helping disable veterans to get a service dog.



2014 Teen Leadership Academy Members

As a result of this program:

100% of the delegates strongly agree or agree that they now feel comfortable leading an activity. 69% of the delegates strongly agree that communication skills and confidence have increased as a result of involvement in TLA. Parents believe their child now has an increased knowledge of their county and some community assets; observed that their child is now more interested in leadership opportunities; observed their child's communications skills increase as a result of TLA and believe their child's confidence has increased as a result of his/her involvement in TLA.

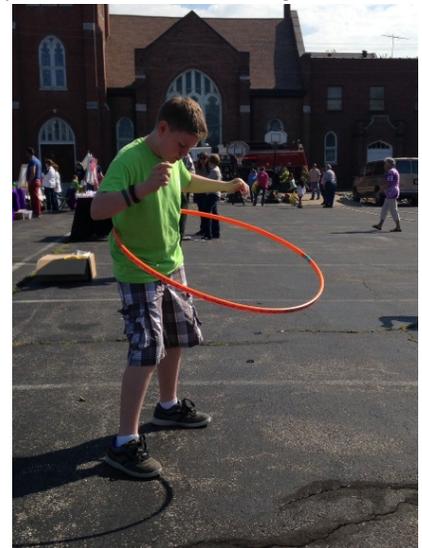
Managing Your Diabetes

Recent statistics show that 21% of Trigg Countians describe themselves as being in fair or poor health. 33.4% are obese and 11.7% report having diabetes. Because of these statistics the Extension FCS Agent collaborates with the Certified Diabetes Educator (CDE) from the Pennyryle District Health Department each spring to offer an 8-hour course in managing your diabetes. For 2014-15, two "refresher" classes were held during the fall and winter for the previous year's class. These classes dealt with foot care, nutrition, and medications. They also provided an opportunity for clients to ask questions and receive support. The spring 2015 class had 17 participants. 100% of the participants

reported putting to use the information they had gained in the spring class.

Promoting Physical Activity

The Trigg Health and Wellness team is a coalition of stakeholders in Trigg County that promote increased physical activity among families. The coalition is headed by the Pennyryle District Health Department of which Trigg County is part. Both the Extension FCS and the 4-H agents serve on this coalition. Each year the coalition plans and conducts 2 events that promote physical activity among families in the county. A Day of Play is hosted in September and the Trigg County Amazing Race Family Challenge is put on in May. Stakeholders are asked to sponsor booths and have physical activities for parents and children to do together. This year the September Day of Play was cancelled due to inclement weather, but the Family Challenge was held on May 2, 2015. It was the largest participation to date. The Trigg County Extension FCS agent manned a booth with a prize wheel where families had to answer questions dealing with the importance of physical activity. The 4-H agent had hula hoops and jump ropes for families to use. Each participant went home with a jump rope, water bottle, and a copy of Chop! Chop! Magazine. 137 youth and adults participated in the Family Challenge. Follow up will be done at the fall event to see if parents are using the activities ideas from the Family Challenge at home and increasing physical activity.



A Family Challenge participant shows hula hoop skills.

Cadiz/Trigg County Farmers' Market

The Cadiz/Trigg County Farmers' Market is well known through the area for providing local fresh produce as well as plants and flowers throughout the summer months. Visitors from surrounding counties are known for traveling to Cadiz to take advantage of our Farmers' Market. Each year the Extension FCS works with the local Farmers' Market manager to hold a meeting of potential vendors where a discussion is held on the market, its rules and guidelines, and how vendors can best promote their products. Vendors were encouraged to participate in the WIC Farmers' Market Nutrition Program and the Senior Farmers' Market Nutrition Program. This year 7 vendors went through the training

for the WIC and Senior Nutrition Programs. The FCS agent trained 5 vendors for the GAP diplomas and had 5 vendors become certified to provide samples. The FCS agent worked with the Trigg County ANR agent to set up a booth at the Farmers' Market promoting Extension and healthy eating. Samples of a "Plate it Up! Kentucky Proud" recipes were handed out as well as healthy recipes, health and safety newsletters, vegetable gardening booklets, and SNAP incentives. Sixty eight Farmers' Market patrons visited the booth and took a sample, recipes, and information.

Child Care Provider Training

There are four Day Care and Preschool Centers in Trigg County. Their employees are required to obtain 18 hours of training each year. These trainings are provided by the Trigg County Community Early Childhood Council. The Trigg County Extension FCS Agent serves as a Level 5 credentialed child care provider trainer and conducts some of these trainings. During the 2014-15 fiscal year, the Extension FCS agent provided 9 hours of training in three sessions. The first session was Healthy Holiday Snacks. The second was Promoting Toddler Play and Friendship Skills. The final session was on Communicating with Colleagues and Generational Differences. Three of the four centers were represented at each training session. There were 15-18 child care workers present at each session. The participants all reported gaining information that they could use to improve services at their centers.

Trigg County Extension Homemakers



Betty Wharton, Trigg County Homemaker, speaks about Women's Health at the County Annual Meeting.

The Trigg County Extension Homemakers Association continues to be one of the most successful leadership organizations in the county. There are 124 members in 9 clubs and 34 who receive county news and lessons through the mail. Minority representation is 14%, while

total county minority representation is 11%. Homemaker members continue to be active in other community organizations such as Lions Club, Rotary Club, and Hospital Auxiliary, 4-H Council, Newcomers, and Helping Hands. Many serve as local, area, and state officers of these groups. Our club members track their volunteer hours. This year 21 members reported 1707 volunteer hours' worth \$39,380.00 to our community. Events that are sponsored by the Trigg County Homemakers include Trigg County Women's Show that raises money for two \$500 scholarships and other service projects; Candy Cane Land that allows 100 preschoolers to "shop" for family Christmas presents; and decorating a table and providing Teacher Appreciation gifts for the Gala of Tables opening day teacher breakfast. Homemakers continue to practice leadership by volunteering to serve their clubs as officers and by teaching educational lessons at each meeting.



Rizpah Torian helps sell her family's homemade goodies at the Trigg County Women's Show.

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| <p>COOPERATIVE EXTENSION SERVICE</p> <p>UK UNIVERSITY OF KENTUCKY College of Agriculture, Food and Environment</p> | <p>The Trigg County Cooperative Extension Service</p> <p><i>Extending Knowledge, Changing Lives</i></p> |
| <p>For more information, contact us at:</p> | |
| <p>P.O. Box 271 2657 Hopkinsville Rd Cadiz, KY 42211-0271 (270) 522-3269 Fax: (270) 522-9192 www.triggca.uky.edu</p> | |