

# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN TRIMBLE COUNTY

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

**R**ecipe for Life: The Search Institute has developed a framework of 40 Developmental Assets that identifies a set of skills, experiences, relationships, and behaviors that enable young people to develop into successful and contributing adults. These are essential building blocks of adolescent



development. Family support and meals, literacy, and nutrition are vital life skills and are imbedded in many of the 40 Developmental Assets. The Trimble County 5<sup>th</sup> Grade Recipe for Life Project was a collaborative effort with the Trimble County Cooperative Extension Service, Trimble County School system, Trimble CARES Coalition, community volunteers, the Trimble County Schools Youth Services Center and the Family Resource Center. One hundred and ten fifth grade students participated over a five day period (one class per day). Students were encouraged to submit a family recipe and story that were collectively combined into a "Recipe for Life" cookbook. Students improved their communication and social skills by working in small groups with the common goal of preparing a dish for the group meal. During the project, students gained knowledge and understanding of the importance of proper hand washing, how to read and prepare a recipe, knife safety, table setting and manners, and were encouraged to participate in family time discussion at the dinner table. At the conclusion of the event, all the fifth graders and their families were invited to participate in a "family meal" that reiterated what the students had learned. Post evaluations indicated: 85% are more confident in reading a recipe; 94% gained knowledge about food preparation and safety; 93% are more conscious about proper hand washing; 89% now know how to properly set a table and understand proper table etiquette; and the students understand the importance of cooperating with others, following directions, the use of table manners, and knife safety.

## Priority Program Efforts

A total of 170 people are now involved in addressing significant community issues

10 youth made an impact in their community through service projects

100 local residents implemented practices that promote sustainable agriculture

200 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations

180 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs

320 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming

A total of 212 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health

A total of 180 youth and adults demonstrated informed and effective decision-making skills

200 individuals incorporated new or additional conservation practices.

**E**mpowering Community Leaders: Effective communication between Extension agents, volunteer leaders and elected officials is crucial in identifying issues that are important to our clientele, and so that Extension programming may continue to address the concerns and meet the needs of our citizens. In December, 2014, Trimble County Extension Agents facilitated a conversation with volunteer leaders and elected officials during the Legislative Appreciation Breakfast. Each participant was asked to identify issues that are currently impacting youth, families, agriculture and our community. Among the many issues identified, the issue of drugs and their impact upon youth, families and our community well-being was evident to everyone. According to the report, *Prescription Drug Abuse: Strategies to Stop the Epidemic* (October, 2013), Kentucky ranks third in the nation in overdose deaths. The rate of Kentucky overdose deaths has quadrupled since 1999. Methamphetamine usage among teenagers is significantly higher in Kentucky (12.7%) than the national average (9.1%) according to the *National Substance Abuse Index*. As the Trimble County Extension Agents and leaders begin the process of developing a new plan-of-work, agents will be endeavoring to form partnerships and coalitions to address this and other important issues.



*Participants in Financial Peace University work through a case study exercise.*

**F**amily Financial Security: Families continue to struggle as the weak economy slowly begins the recovery process. To address this issue of consumer debt, the Trimble County Cooperative Extension Service hosted Financial Peace University. Financial Peace University is based on seven “Baby Step” principles: (1) Save \$1,000 in a beginner emergency fund, (2) Pay off debt (except house) using the debt snowball, (3) Put 3-6 months of expense in savings, (4) Invest 15% of household income into Roth IRAs and pre-tax retirement plans, (5) Save for your children’s college education using tax-favored plans, (6) Pay off house early, and (7) Build wealth and give. Fourteen individuals, including three husband/wife teams, participated in the nine week workshop. A beginning assessment profile showed that the participants had a total non-mortgage debt of \$250,000 and just over \$73,000 in cash available. There were sixteen open credit card accounts between all participants. The assessment also showed that fear and anxiety about personal finances was moderately high and confidence was low. Personal peace about their finances was average. By the conclusion of Financial Peace University, participants had reduced non-mortgage debt by \$15,250, saved \$6,500, and closed five credit card accounts. In addition, all participants completed their first baby step of a \$1,000 emergency fund. Fear and anxiety about personal finances were markedly reduced while confidence, hope and a sense of peace about their personal finances was high. At the beginning of each week, a running total of dollars saved by resisting impulse buying was kept. By the end of nine weeks, participants had saved over \$6,300.



*Community leaders are identifying issues affecting families, youth, agriculture and our county.*

*“ I had my doubts about changing a few habits with my money. But in these few short weeks, I have made large strides with setting goals and making sure my money goes where I want and need it to go. Being conscious of my money has been a great feeling.” Financial Peace University—Graduate*

**Trimble County Livestock Club:** The Trimble County 4-H Livestock Club teaches children how to raise and show animals, such as cattle, sheep, goats, and swine. This past summer, our club had 24 participants involved, with five participants being in the Clover Bud (five to eight years old) program. The Trimble County Livestock Club has five Certified Livestock Volunteers leading this club. Each 4-H Livestock Club member and Clover Bud member is required to attend a minimum of six hours of education in order to be eligible to show at the Trimble County Fair under the 4-H/FFA class. Within those six hours of education, each member learns valuable information on topics surrounding their animal project. Topics such as breed identification, skeletal and external parts, feed additives, nutrients, rations and feeding management, and disease recognition. Topics that are also covered are; grooming, judging, and showmanship. Each summer culminating the 4-H members' project, they are given the chance to show their project animal in the County Fair. 4-H members, who qualify, by having attended a minimum of six hours of education, and attending at least six County 4-H Livestock Club meetings, are eligible to auction off their animal at the end of the Trimble County Fair. Each member keeps possession of their animal, and the money donated by each auction buyer, goes directly to the 4-H member they bid on. The 4-H member can use the money they receive by auctioning off their animal however they would like. Some members use it to purchase their next animal project for the following year.



4-H Livestock Club Members at the Trimble County Fair

**4-H School Club Leaf Collections:** The 4-H Forestry Leaf Collection Project integrates well into the core content of Earth Science as mandated by the Kentucky Department of Education and National Science Education Standards. This project is a required science project for all fourth grade students, and is taught by the County Extension Agents for Agriculture and Natural Resources, and 4-H



Youth Development. In this project, students learn about the identifying characteristics of trees, how to collect and prepare leaf specimens, and how to mount their leaves. Each student is required to collect leaf specimens of ten native forest trees of Kentucky. They must also include the common name of the tree, the scientific name, the most common use of the tree, county where the leaf was collected, the date of collection, and where the tree was growing. Students demonstrated a number of science and life skills while completing their project. In Science: (1) Observation – Just as trees are different sizes and shapes, so also are their leaves. (2) Comparison – Students used their observational senses to compare differences or similarities. (3) Reasoning/Relating – Based upon the characteristics of each leaf, students had to make a determination of its identity using a tree identification guide. In Life Skills: (1) Planning – Students collected their leaves, pressed the leaves for mounting and then mounted the leaves on sheets using clear contact paper for preservation. (2) Keeping Records – Students recorded the leaf/tree information in written form and in the required order. (3) Organization – Students developed a table of contents for the collection and organized their leaf specimens in sequential order. (4) Teamwork – Young students were allowed to work with their parents to complete their project assignment. Teamwork was evident based on the quality of each student's collection. Every student received a ribbon and letter grade for their leaf collection. More

than 100 fourth grade students participated in the leaf collection project this year.



**Warren Adcock and Sonia McElroy volunteer as mentors for graduates of the Small Ruminant Profit School.**

**S**mall Ruminant Profit School: In fall 2014, the Kentucky Sheep and Goat Development Office, with help from the Kentucky Ag Development Board, the American Sheep Industry and the National Sheep Industry Improvement Center, offered the Small Ruminant Profit School (SRPS). SRPS was developed to assist the many new producers that are entering into the business of sheep and goat production and are struggling with the challenges of small ruminant production. Objectives were to improve the support system for new and existing small ruminant producers by creating a network of mentors for the industry as well as developing an intensive educational program called Small Ruminant Profit Schools. The Trimble County Cooperative Extension Office served as a host site for this program. SRPS had a total of 21 mentors and 55 participants complete the four class course. The course covered industry overview, markets, breeds, health, parasite management, genetics, reproduction, selection, quality assurance, facilities/equipment, annual production plans, foot care, nutrition, and record keeping. Post Evaluations: One hundred percent of participants indicated an increase in knowledge/skills in health management, reproduction, parasite management and nutrition. Each participant indicated they felt more confident in small ruminant production and all said they plan to keep better production records. More than half of the producers have identified ways to make their herds more productive. Almost forty percent of the producers have developed a production plan for their operations and another sixteen percent indicate they will after further review of workshop materials. Thirty-seven percent of participants have already utilized their assigned mentors and another 11% plan to utilize their mentors once they start their operation.

**T**aste the MyPlate: This agent collaborated with Milton Elementary School (Trimble County) to teach a series called Taste the MyPlate that reached approximately 60 4<sup>th</sup> grade students. This series was designed to explain and dissect the MyPlate while providing an opportunity for students to sample foods in the various groups to which they may not otherwise be exposed. The objective of this program was to help students gain familiarity with the health benefits of foods contained in each group of the MyPlate. Each session discussed: the selected consumer messages; defined the foods in that particular group; recommended daily amounts; serving sizes; health benefits and nutritional values; and tips of how to proportionally balance a mealtime plate. Students increased knowledge and an understanding of healthy eating, demonstrated the desire to taste unfamiliar foods not currently eaten, and gained an understanding of the importance of maintaining a balanced diet. As a result of the Taste the MyPlate program, 93% of the students reported trying an unfamiliar food and 85% of the students reported that their parents/guardians who shopped for food, purchased an unfamiliar food for the family based on the student's enthusiasm for the new food.



**A brave student dares to try an unfamiliar food.**

COOPERATIVE  
EXTENSION  
SERVICE



**The Trimble County  
Cooperative**

*Extending Knowledge,  
Changing Lives*

For more information, contact us at:

43 High Country Lane / PO Box 244

Bedford, KY 40006-0244

Phone (502) 255-7188

Fax: (502) 255-3334

[www.ca.uky.edu](http://www.ca.uky.edu)