



EXTENDING KNOWLEDGE *Changing Lives*

IN WEBSTER COUNTY

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



Webster County Extension Staff

Webster County: Making a Difference in the Lives of all Residents

The Webster County Cooperative Extension Service continues its mission to bring research-based information from both land grant institutions, both the University of Kentucky and Kentucky State University, to local individuals and families. Cooperative Extension continues to make strides in serving a diverse group of clientele.

Extension provides programs in the various areas of agriculture and natural resources, family and consumer sciences, 4-H youth development and community and economic development.

We hope that you will take time to review the programs highlighted in this report and we look forward to seeing you at one of our programs soon!

Priority Program Efforts

- A total of **109** people are now involved in addressing significant community issues
- **75** youth made an impact in their community through service projects
- **371** local residents implemented practices that promote sustainable agriculture
- **16** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **115** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- **292** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **132** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **744** youth and adults demonstrated informed and effective decision-making skills
- **102** individuals incorporated new or additional conservation practices.

4-H Member to a 4-H Leader

Youth in Webster County fully represent how much 4-H impacts the young people in the county. A former 4-Her recently shared this impact with the 4-H Agent: "4-H is a huge part of what shaped me into who I am today. I began 4-H as a shy and very afraid 9 year old child, who would have rather been alone reading instead of doing activities. Participating in 4-H was a large part of my childhood and teenage years. Through 4-H, I completed many classes ranging from woodworking and electricity to crafts and baking. I also competed in contests in horticulture, sewing, talent and speech. I am extremely grateful for all my opportunities and experiences in 4-H. I met some of my best friends in 4-H, became a confident speaker, and learned leadership and time management skills that help me in my career today. I even met my husband at 4-H camp. Through 4-H, I was able to attend college through local scholarships, were I had participated in community service projects, and obtain my Degree. I am now continuing my education, working full time as a registered nurse, and now giving back to the Webster County 4-H program by volunteering as an adult leader. If there is one program that I will make sure my children are involved in one day, it will be 4-H."



Christi Stone

Just Say No

The Webster County High School Health Education Instructor contacted the Webster County Extension Agents and requested them to develop a drug, alcohol and tobacco prevention program for the students in health class. To meet this request, the agents collaborated with the High School Family Resource Center coordinator to present this program.

A 45-minute interactive program was developed and presented. Using the drunk buster alcohol impairment goggles to simulate the effects of alcohol consumption on the body, students attempted the simple task of bouncing a basketball. It proved to be a very difficult task. In the words of one of the participants "I dribble a basketball every day and I could barely keep my hands on it." A drug toxic mind field activity was used to help the students learn the importance of making wise choices, not only about drugs, alcohol and tobacco but also surrounding yourself with positive influences/friends.

A pre and post exam was given as a class grade to 17 students. This was also used as an evaluation tool. The class average for the pre-test was 71% and the average of the post-test was 82%, showing an increase in knowledge gained from the program. Each student had to write a Reflection piece for their portfolio about what they learned from this program. Some quotes from the writings are: "Choose your friends wisely, if you get the wrong friends they will lead down the wrong path." "I did not know how it felt to wear the drunk goggles... it was not fun, you saw two of everything and you did not know where you are going. I learned that at least 1,000 people die each year because of alcohol abuse."

In the instructors words "I called and they developed a program that will have a lasting effect on the students."

Tri-County Grain Improvement Series

The Tri-County Grain Improvement Series was developed to determine the most effective use of fungicide, as well as the most efficient rate of nitrogen application in grain sorghum production. This was done in two different studies that were replicated on farms in McLean, Hopkins and Webster Counties.

The test site in Webster County served as host of the Tri-County Grain Sorghum Field Day. Speakers addressed insect issues, especially sugarcane aphid, storage, weed management, fertility, agronomic data, corn vs grain sorghum and use of UAVs in farming. At the conclusion of the program 56 surveys were completed, representing 552,596 acres of production agriculture. Of those 56, 61% indicated interest in insect control related to grain sorghum. Sixty percent (60%) of survey respondents were very interested in weed control and resistant weeds, and 52% of those noted that changes would be made in the 2016 growing season for weed control. Fifty percent (50%) of producers said they plan to make changes in their fertility plans and 55% plan to make changes in their insect control for the 2016 growing season. Some producer comments included: "Very Useful", "Well-Organized", "Energetic" and "You made money being here today!"



Tri County Field Day

Small Steps to Health and Wealth

The Small Steps to Health and Wealth (SSHW) online challenge is a national extension program designed to encourage participants to make positive behavior changes to simultaneously improve their health and personal finances. The program consists of two main sections: a discussion of 20 similarities between health and personal finance issues and 10 suggested behavior change strategies that can be applied to either area of life. The impact of health on finances and finances on health is also explored. The program concludes with a discussion of seven key health and wealth success factors: attitude, automation, awareness/knowledge, control, environment, goals, and time.

The online challenge is a six-week program that allows participants to track the daily choices they make related to nutrition, physical activity, and personal finances. It has been well documented that when people monitor their behavior and measure how they're doing, they are often inspired to do better and achieve positive results. This challenge was advertised in the local newspaper and on the Webster County Extension Family and Consumer Sciences Facebook page. Three consumers participated in the 2016 online six-week challenge, with total participant outcomes listed below.

- Consuming at least 128 cups of fruits and vegetables
- Exercising a minimum of 510 minutes or 8.5 hours
- Choosing to drink water instead of a sugar-sweetened beverage occurred 43 times
- Tracking 120,000 steps or 60 miles with a pedometer
- Tracking daily expenditures was reported 36 times
- Ate dinner prepared at home instead of eating out 25 times, saving approximately \$125
- Learned something new related to personal finance, was reported 23 times

4-H Cloverbud Changes Lives

Human development consists of growth and development from birth to death, therefore, early childhood experiences should not be overlooked (Elder & Shanahan, 2006). Research has shown that early childhood experiences do make a difference in the future life direction related to a child's learning, health, and well-being (Hertzman, Clinton, & Lynk, 2011). The social and emotional abilities in the early years of life consist of the following: Building close relationships with peers and adults, experiencing and expressing emotions in an acceptable manner, and exploring and learning from the environment. Such abilities are building blocks for the future achievements and well-being of a child (Ashdown & Bernard, 2012). Influential adults, such as club leaders, can impact a child's development by determining the type of environment that the child inhabits and experiences (Thomas, 2005).

Realizing the importance of early childhood development, The Webster County 4-H program has implemented a 4-H Cloverbud program for five to eight-year-olds for the past three years. The Cloverbud club is managed by the 4-H agent, with two volunteers, and encourages families to stay with their child to build on strengthening close relationships.

The Cloverbuds meet monthly and participate in life skills projects that include cooking, art, fitness, food and nutrition, woodworking, recreation, community service and crafts. The club also participates in a Webster County 4-H summer day camp program planned by the 4-H Agent and club leaders. The Cloverbud program is one of the fastest growing clubs and averages 25 youth and 10 loving caring adults for each club meeting.

The Webster County 4-H Cloverbud program is vital to providing early childhood development to the youth of Webster County.

An interview with one of the parents stated "As a child I was given multiple opportunities through 4-H. As a parent now, I wanted that for my child. My child started in Cloverbuds as soon as she was old enough. She anticipated the meeting each month. She started out a very

quiet child, but through the experiences through 4-H she has come out of her shell. Through 4-H, she has had opportunities to do projects, activities, and events that she wouldn't otherwise have had. She has developed communication and public speaking skills through 4-H. She was granted the opportunity to compete at the Kentucky State Fair. That was her first trip to the State Fair and she was completely amazed. Because of the Cloverbud program she is now involved in other 4-H activities. What 4-H has done for my child: build confidence, communication skills, teamwork, enhance creativity and opens doors to opportunities. We appreciate all the things that Webster County 4-H has offered for us!!!!"

"A friendly voice on the other end of the phone. Some days, that is as helpful as the answer itself. "

~ Carolyn Tapp



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Webster County

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For more information,
Please contact us at:
1118 US Hwy 41-A South
Dixon, KY 42409-9492
(270) 639-9011
Fax: (270) 639-6592
www.ca.uky.edu/webster

