



# EXTENDING KNOWLEDGE *Changing Lives*

## IN ADAIR COUNTY

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



*The Small Business Workshop Series program promotion began with a flyer that was mailed to all Extension mailing lists, and publicized via local newspapers, radio stations and social media sites.*

### SMALL BUSINESS WORKSHOP SERIES

In Adair County, small businesses with less than 20 employees constitute 48.1% of all businesses (CEDIK). In September 2017, the Adair County Cooperative Extension Service collaborated with the Kentucky Center of Agriculture and Rural Development (KCARD) and the Mountain Association of Community Economic Development (MACED) to host a series of small business workshops aimed at providing education and resources to assist small businesses. A series of three workshops were held discussing business planning, recordkeeping with QuickBooks, accepting credit/debit card transactions, website design, and services offered by the partnering agencies. Fifteen local small business owners attended one or more sessions. Each session was taught by agents and partnering organizations. Evaluation results revealed that 75% of businesses were developing a written business plan, 80% of current QuickBooks users were able to improve their recordkeeping while 100% of non-users were likely to adapt the program. One participant noted in their evaluation that they were unaware that organizations such as KCARD existed to provide support to small businesses.

### Program Efforts

- **5500** dairy cows were impacted by practices adopted that improve cow comfort, promote structural soundness/prevented lameness, and/or decreased somatic cell count of milk
- **200** producers reported saving money or reducing costs for their beef operation
- **250** producers incorporated best practices recommended by Extension
- **40** producers adopted grain crop production practices that improved environmental/water quality
- **300** youth indicated they are connected to caring adults who are interested in their success.
- **600** youth have improved their communication skills
- **200** youth reported their knowledge of leadership has been enhanced
- **900** youth reported making health lifestyle choices
- **150** individuals are more likely to buy a Kentucky fruit or vegetable as a result of tasting a Plate It Up Kentucky Proud sample
- **100** individuals gained knowledge on how to manage/address current economic events facing themselves, their family, business or farming operation.

## MASTER CATTLEWOMAN

In Adair County, cattle operations make up 765 of the total 1243 farms. Overall, 8% of those farms are defined as having a female principal operator and 39% are defined as having a female operator involved with the farm (USDA Census 2012). These statistics are just one example of evidence of the important role women play in agriculture. In 2018 the Adair, Green and Taylor County Cooperative Extension Services collaborated to conduct a Master Cattlewoman Short Course. The Short Course was developed to enhance the participants' knowledge of beef production, network with each other and promote leadership development.



The Master Cattlewoman program is a program that brings women from all aspects of the cattle industry together to learn about building facilities, breeding, calving, nutrition, management and marketing.

~ Deanna Grider

According to the post survey, those who participated now have an increased level of beef cattle management knowledge. Animal Health was the most beneficial session.

## CENTER OF KY SHEEP & GOAT SHORT COURSE

In 2018 the Adair, Green and Taylor County Cooperative Extension Services collaborated to offer the Center of Kentucky Sheep and Goat Short Course. The program consisted of three education workshops focusing on management, nutrition, and market of sheep and goat. The program attracted 30 participants from the three-county area. Surveys revealed that 63% of the participants improved their pastures by seeding improved forages suitable for sheep and goat production.

## BEEF IRM FARM PROGRAM WORKS

The UK Beef IRM Farm Program is a collaboration effort between UK Extension Agents and beef Specialists in the UK CAFE designed to increase the use of production practices that favor high reproductive rates in the cowherd. The program is delivered through on-farm learning to demonstrate the benefits of implementing these production practices.

Adair County beef producer, Lee Graves, has been a part of the program since early spring 2017. Before enrolling in the program, his calving season was approximately 270 days, spanning March to December. Ultimately, Lee stated his goal was to have his spring herd calve March 1 to April 30 and a fall herd to calve September 1 to October 30.

Through on-farm education and demonstrations, management improvements were made to improve cattle handling abilities and reproduction on Mr. Graves' farm. Improvements in cattle handling have also allowed the herd to receive regular vaccinations and pregnancy checks to improve the overall health and reproductive management of the herd. In just over one year, Mr. Graves' calving period has been condensed to an 80-day spring calving season and a 30-day fall calving season.

Efforts are being continued to work towards Mr. Graves' initial goals with the target being expected to be reached in 2019.



I have learned so much from this program. The ability to handle my own cattle is a blessing in itself. This program is going to give me the abilities to grade my cattle to improve overall health and reproduction and management of my herd. I would recommend that all first-year farmers go through this program.

~ Lee Graves

## YOUTH COMMUNITY NEEDS ASSESSMENT

What happens when you put a large group of adults and teenagers in the same room and ask them to identify issues that are affecting youth in the community? A meeting was held on October 2017 at the Adair County Extension Office to investigate an answer for this questions.

25 teenagers, assembled with 15 adults, representing Adair County schools, health care, law enforcement, government, etc. to answer a series of questions that guided them in identifying priority needs for youth in the community. The program was facilitated by members of the UK College of Agriculture, Food and Environment's Department of Community & Economic Development.

Adults and youth were initially segregated into different rooms to identify positive things about the community and also identify the biggest challenges affecting youth. The two groups then came together to compare lists, look for common themes and explain their perspectives. Priority needs were then developed as youth and adults selected the most pressing issues. The next step is to form a dedicated group, youth and adults, to begin the work of finding solutions to the issues that were identified.



"The youth forum was a wonderful experience. It was quite humbling and eye opening to hear from the youth as they verbalized real concerns about the community from their perspective. I was so impressed with their maturity and willingness to discuss important issues. We, as a community, have much work to do to support our youth and families."

~ Debbie Cowan

Family Resource Center Coordinator

## TEEN CONFERENCE HELPS IMPROVE LEADERSHIP SKILLS

Through the 94<sup>th</sup> Annual Kentucky 4-H Teen Conference, 4-H'ers from across the Commonwealth developed leadership and teamwork skills, improved communication skills, became involved in civic life, and expanded knowledge related to a 4-H core content area.



Reilly Wells, Adair County 4-H'er participates in the culinary challenge cooking program as a track program at Teen Conference.

There were 590 senior level 4-H'ers who attended the 2018 leadership conference. For most of the delegation it was their first time attending the conference, and their first time staying overnight in a residence hall at the University of Kentucky. 50% of the delegates had attended 4-H Summit, the Kentucky 4-H middle school leadership development conference.

Through 4-H Teen Conference, delegates gained six hours of instruction in a core content area of their choice led by an expert in the field. 87% of delegates learned something new by participating in the core content area of their choice. 71% of the delegates reported they were likely to attend the University of Kentucky as a result of attending 4-H Teen Conference.

Adair County had six youth attending the conference for the first time. All six stated that they planned to attend next year's conference. 100% of Adair County youth stated they learned something new and improved their leadership skills.

## CONSUMER FRAUD PROTECTION

Consumer Fraud is a continuing problem nationwide. Identity theft remains the number one consumer complaint area; 13 percent of all consumer complaints were related to identity theft. To educate our communities, the Lake Cumberland Area Extension Agents for Family and Consumer Sciences asked Attorney General, Andy Beshear, to present an educational program. Over 100 people attended.



Attendees listened carefully to Attorney General, Andy Beshear, as he presented information on how to avoid identity theft and awareness of consumer fraud.

A follow-up survey was emailed and mailed to participants of the program. 100% of those that responded noted a better understanding of their consumer rights and privacy protection measures. 100% stated they know the steps to avoid breaches in personal or financial security and will implement them to protect themselves from future scams and 100% are more aware of some of the scam calls people receive daily and should not respond to. One participant stated that after the program that it was very informative and good. Another participant mentioned that they requested Attorney General Beshear visit the area again to provide additional related programs. The Attorney General encouraged participants to reach out to him and his office for further information and help.

The Consumer Fraud & Protection program was very informative. Made you think about ways of fraud you didn't know about. Also, drugs are enabling children to start drug addiction.

~ Sharon Harris

## ELECTRIC PRESSURE COOKERS

According to the Consumer Expenditure Survey, in 2016 American families spent an average of \$7,230 on food; 44% was spent on food that was eaten away from home.

Using an electric pressure cooker allows home cooks to prepare healthy meals quickly and could reduce the amount of money spent on food eaten away from home.

Upon getting several requests about using Electric Pressure Cookers, the Adair and Jessamine County Family & Consumer Sciences Agents collaborated to provide a program. The participants were shown how to properly use the products. They were shown two different brands of Electric Pressure Cookers. Thirty participants gained information about food safety practices and the benefits of using the appliance to conserve time; energy and produce healthier meals.

The participants completed a written program evaluation. One hundred percent (100%) of the participants gained knowledge on how to use the products. Twenty-six percent (26%) of the participants had previously purchased one of the products but had not used them due to lack of knowledge. However, as a result of this program, they plan to use them more often.



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

*Extending Knowledge,  
Changing Lives*

**For more information,  
Please contact us at:  
409 Fairground Street  
Columbia, KY 42728  
(270) 384-2317  
Fax: (270) 384-9167  
[www.ca.uky.edu](http://www.ca.uky.edu)**

