

EXTENDING KNOWLEDGE

Changing Lives

IN CARLISLE COUNTY

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



Commissioner of Agriculture Ryan Quarles addresses WAVE Ag Day attendees

Agriculture—Let's Grow With It!

The first of its kind event, WAVE River Counties AG Day, was held at Fort Jefferson Cross Memorial in Wickliffe on July 13 from 7:30 am to 2:00 pm. The theme “Let's Grow With It” was chosen.

The WAVE Ag Day was a joint venture including all four river county judge executives, the UK Ag agents in each county, Ag businesses, the county farm bureaus, the Ballard Chamber of Commerce, River Valley Ag Credit, Murray State University, and Ballard school officials. Numerous planning meetings were held throughout the year. Sponsors were obtained to help fund the Ag Day and after expenses, each River County received \$5000.00 to help their county “Grow With It”. The platinum sponsors presented three awards: Farmer of the Year, Ag Business of the Year, and last but not least The Friend of Agriculture Award.

Program Efforts

- **185** Number of producers who plan to update farm spraying to reduce risks of developing resistance as a result of participating in this program
- **120** Number of those who reported being better able to recognize employment opportunities in today's workforce
- **276** Number of youth who reported that they followed instructions step-by-step to do or make things themselves
- **25** Number of people engaged in community strategies to improve the built and natural environment to increase active and healthy lifestyles
- **96** Number of youth reported being a better leader due to skills improved through Extension programming
- **111** Number of youth that report feeling good about themselves
- **141** Number of producers who plan to utilize IPM practices for grain crops production as recommended by Extension
- **75** Number of producers with plans to communicate with neighbors around their farm about pesticide sensitive areas
- **22** Number of 4-H members serving as direct mentors to younger youth
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The day started with a breakfast in honor and appreciation of farmers, producers and Ag businesses in the four river counties. With an attendance of over 500 people, the group listened to keynotes by Agriculture Commissioner Ryan Quarles, and Warren Beeler about strong agricultural and economic development chances for the counties. During the afternoon session, over 60 vendors were set up for the community.

Carlisle County Makes Healthy Choices

Food-insecure and SNAP recipients often face challenging circumstances in trying to consume a healthful diet and maintain a healthful weight such as more sedentary lifestyles, increased portion sizes, and the ability to purchase fruits and vegetables. Those who are food-insecure or low-income may face unique challenges in adopting and maintaining healthful behavior changes.

The Carlisle County Nutrition Educational Program paraprofessional taught 25 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 100% of NEP families made an improvement in the nutritional quality of their diet.

72% of NEP graduated families consumed a diet of higher quality because they planned meals using My Plate, considered healthy choices, and used the "Nutrition Facts" label. 82% of families increased the number of days for physical activity, strength training and making changes in their daily routine. 59% increased their food security by having enough to eat or the ability to obtain food, 79% of families also demonstrated an improvement in safe food handling practices and hand washing behavior. 84% of families learned to plan meals ahead of time, check the food on hand, and use a grocery list to guide their purchases. 60% improvement was shown in food price comparison behavior. 84% increase of fruits and vegetables consumed on a daily basis.



Nutrition Education Program participants learn how to implement healthy choices.

Keys to Embracing Aging

A healthy brain is crucial to survival, growth and everyday successes (Smith, 2010). Similar to the rest of the body, the brain needs exercise and maintenance in order to optimize and protect its current and future health. In particular, the brain needs socialization, mental stimulation, physical activity, nutrition and sleep (AARP/Dana Alliance for Brain Initiatives, 2009; Alzheimer's Association, 2011).

Carlisle County presented Keys to Embracing Aging: Brain Activity. Six participants completed post lesson evaluations. As a result of the program, six participants reported improved understanding regarding the impact that meaningful social activity has on overall health and well-being. Five reported intentions to implement at least one strategy to improve their brain activity. Specifically, six participants reported that they learned ways in which social activity, six physical activity, six mental stimulation, six healthy diet, six and sleep promote positive brain health. Four participants reported that they typically engage in activities that strengthen their brain. Because of the program, five plan to improve their overall brain health. A valuable program, participants learned that sleep and healthy food are important for brain health.

Dicamba—To Spray or Not to Spray

Across Western Kentucky, the Four River Counties plant 180,147 acres of soybeans compared to 1,780,000 acres in Kentucky each year (USDA/NASS, 2016). Dicamba is a chemical that is causing lots of concerns and worry on the part of farm operations and the environment due to volatilization. The Carlisle County Cooperative Extension Service along with Kentucky Department of Agriculture, the UK weed specialist and Monsanto helped host four Dicamba trainings and assisted in training over 400 producers on the proper application methods in using the new Dicamba formulations in the Four River Counties.

When the trainings concluded, several producers changed their thinking on how they were going to handle spraying Dicamba. Some of the larger operators mentioned they were going to keep one crew on Dicamba applications. They were also going to keep one sprayer and one truck and operator with those applications. Smaller operations said they were going to change their spray operations too. This year farmers are going to be under the microscope with Dicamba applications.



Several Carlisle County 4-H volunteers and teens were recognized for outstanding commitment at this year's Volunteer Forum.

4-H Volunteers Recognized and Inspired at Volunteer Forum

4-H youth development programs within Extension depend heavily on adult volunteers and provide extensive education to volunteer leaders. 4-H traditionally focuses on positive youth development, but adult volunteers are the mainstay of the programs. The purpose of Kentucky Volunteer Forum is to increase the capacity of volunteer and salaried staff to contribute to the achievement of the mission of 4-H Youth Development Education and the Cooperative Extension System as a whole as well as to provide the educational and technical resources that volunteers need in order to deliver the 4-H Youth Development program as well as to meet 4-H members' needs (Culp, 2000).

The 2018 Kentucky Volunteer Forum offered 148 workshops, organized in 19 tracks. (Horse, livestock, and crafting tracks were the best attended.) 1108 people from 110 counties were registered, making it the largest volunteer forum in Kentucky's history, and the second largest 4-H volunteer forum held anywhere in the world during that year, to date. When asked to identify what they had gained from attending the KVF, 22.93% of attendees reported "learning about new programs" while 19.21% were "motivated or inspired," 18.18% gathered new information, 16.52% developed new skills, and 15.91% benefitted from "networking."

Carlisle County was well-represented at this year's Forum, with two state award winners in Camping Excellence and Leadership Development, two Ten Year Members, four workshop teachers, one Shooting Sports Ambassador, and a total of thirteen staff, volunteers, and youth in attendance. Feedback from county participants regarding the Forum was extremely positive, including the ability to learn about new programs and teaching methods, as well as meet other 4-H volunteers across the state. Volunteers came back refreshed and reenergized to improve existing programs and start new ones.

Nutrition in Recovery from Addiction

The Carlisle County Drug Court program collaborated with the Carlisle County Extension Nutrition Education Program Assistant to help education recovering addicts to learn better nutrition, resource management, and physical activity to nineteen participants utilizing the Healthy Choices curriculum, using ice breaker games, power points, and hands on cooking.

100% of the graduated families consumed a diet of higher quality because they planned meals using My Plate, considered healthy choices, increased knowledge of food labels, and increased their food security by having enough to eat or the ability to obtain food from sources such as a food bank, or the USDA food commodity program. 61% of families increased the number of days for physical activity, strength training and making changes in their daily routine. 62% of families also demonstrated an improvement in safe food handling practices and hand washing behavior. 56% of families learned to plan meals ahead of time, check the food on hand, and use a grocery list to guide their purchases.

“I have never been much of a cook, but now seeing how the recipes are made I can make them at home.”

- Drug Court Nutrition Program Participant

Purchase Area Teen Leadership Round-Up Grows Leaders

In an effort to build the Purchase Area Teen leadership program in both size and quality, the Purchase Area Teen Council along with the Council President and Advisor, both from Carlisle County 4-H, determined to plan and host the first-ever Purchase Area Teen Leadership Round-Up for Purchase Area youth in grades 6-12. The event was designed by

and for youth, with teens planning event details, teaching workshops and funshops, and promoting area and state level teen leadership opportunities. The Round-Up provided a six-hour learning opportunity in leadership. The day included opportunities for small group mentoring, leadership breakouts by age, funshops in a variety of 4-H curriculum areas, and a community service project in which the youth made blankets for children in local hospitals. Over 83 people attended, including 75 youth and 8 adults. Of those who attended, 59 youth reported that they made a new friend, 51 youth reported that they did something outside of their comfort zone, and 43 youth said they feel more prepared to return to their county as a teen leader.



The first-ever Purchase Area Teen Leadership Round-up succeeded in boosting area teen participation in 4-H.



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