

# Report to the People

## Carter County • 2019

COOPERATIVE EXTENSION

 University of  
**Kentucky**  
College of Agriculture,  
Food and Environment



### 4-H Members Learn Through Livestock Program

According to the 2012 Agriculture Census over 40% of Carter County is classified as farm land. To help educate our youth on this important economic and cultural aspect the Livestock Program engages 4-H members in a variety of experiences that cultivate an understanding and appreciation for agriculture. Activities are offered in the areas of cattle, sheep, swine, goats, rabbits, and poultry. Over several years the 4-H agent has worked with certified leaders so that 4-H members have had the opportunity to participate in club meetings; clinics; livestock shows; poultry judging; avian bowl; and tours of local agriculture industries.

In 2018, over forty 4-H and FFA members participated in the County Fair Livestock Shows. The livestock auction generated over \$41,000 for these families to reinvest in their farming operation. In addition to this, 4-H members also have opportunities for positive youth development in mastery, belonging, independence, and generosity. This program fosters mastery by teaching animal science and sustainable agricultural practices, belonging by interacting with others with similar interests, independence by practicing leadership and independent thinking, and generosity by participating in service and citizenship activities.

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### For More Information, Please Contact us at:

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One parent said: “My daughter has been showing lambs for five years. When we started we had absolutely no clue what we were doing. She’s always gentled them and worked with the them, but this year she walked Caleb almost two miles a day in preparation for the fair to build his muscles. It was hot and tiring but she wanted to put her all in this year. She did it and she now says it was worth it! 4-H teaches our children so many good character traits. These kids feed, water, exercise, and practice with their animals for weeks and even months.”

### **4-H Teaches Life Skills**

Extension’s mission is to make a positive difference in the lives of Kentucky citizens through non-formal education for the entire family. Kentucky 4-H believes in providing positive youth development experiences so that all youth experience belonging, mastery, independence, and generosity. The Carter County Extension Agent for 4-H Youth Development Education works with other Extension Staff and 4-H Volunteers to provide a variety of activities and events throughout the year so that 4-H members can experience all four positive youth development experiences.

The following quotes are from the 4-H stories that a few of the Carter County youth wrote for their annual 4-H Journal (Record Book). These members have participated in various school and project clubs and a variety of other 4-H events like speaking contests, Capitol Experience, camp, and much more. The quotes are evidence that the four positive youth development experiences are being met.

- “I feel that I now have much more confidence in myself. I also believe that 4-H has taught me how to work well with my peers and fellow club members.”
- “I’ve learned how to make friends and how to get over public speaking, but the real challenge is how to learn from your mistakes and how to grow from each one. I’ve learned that each friend has a different story to tell and wisdom to share. We all have something to share with everyone around us.”
- “Although I have been in 4-H for half of a decade, I am still learning new things every year.”

- “I’ve learned how to bake. I’ve also learned teamwork. 4-H can really change lives.”
- “This is my first year in 4-H, but it has taught me to overcome some of my fears such as getting up in front of people and speaking in front of a crowd. It has also taught me that it takes a team working together to achieve what you want.”
- “4-H has shaped me into the person I am today. 4-H has always been a place where I can go to improve myself and learn more about who I am as an individual. I’ve learned to cook, to speak, to fire an arrow, to canoe, and to accept myself because of the experiences and positive people I’ve encountered in the program. At the age of ten, I entered the amazing world of 4-H. It’s something I yearn for all the time. I hope when I’m older, I can contribute back to this amazing program.”
- “The things I learned in 4-H affect my daily life. The communication life skills I have learned have helped me speak appropriately with many types of people. I know to keep eye contact when speaking, listen, write clearly, and work well in a group. Planning and organizing was a skill I needed to learn. I now prioritize. I believe 4-H has made me become who I am today.”
- “4-H has taught me so many things in the last 5 years about team work, having confidence in myself that I can accomplish what I set out to do, made me a more rounded person with all the different things there are to participate in, and most importantly has helped me overcome my shyness. I am grateful for all of the opportunities that 4-H has given me over the last 5 years and I am very excited to see what new experience 4-H will have when I enter high school this fall.”
- “The program has given me leadership skills, memories, and opportunities of a lifetime. It’s about working hard with your animal and doing your best. I have learned about nature, how to be a good sport, and how to help others.
- “My life has been richer, fuller, and loads of fun. The life lessons I’ve learned, the experiences I’ve had, the friends I have made, I feel I will carry with me down through life.”

## Backyard Small Fruit Web Series

Eastern Kentucky has the highest food insecurity in the United States. In Carter County, 4,400 individuals (16.1% of county population) are not sure where their next meal will come from. There is a steady increase in interest from clientele wanting to know how they can become more self-sufficient by growing their own food. Agriculture and horticulture agents in Eastern Kentucky have observed an increase in requests from small backyard fruit growers for guidance. In order to reach a large audience in the most efficient way possible, the District 1 Agriculture and Horticulture agents designated a committee to coordinate a series.

The Carter County Extension Service and the other District 1 agents partnered with Horticulture Specialists Dr. Shawn Wright and Dr. John Strang, Plant and Soil Science Specialist Dr. Nicole Gauthier, Entomology Specialist Dr. Ric Bessin and Forestry Specialist Matt Springer and Morehead State University to present a backyard small fruit production series that consisted of three on-line programs addressing general production, small fruit disease and insects, and tree fruits. In addition, the group partnered with Morehead State University at Browning's Orchard to offer hands-on pruning demonstrations.

Throughout the web-based series, participants recognized the importance of soil testing and soil preparation which allowed them to select the best site for planting (97%). They discovered new information about diseases that impact small fruits and created a treatment plan (95%). The participants identified small fruit insects, matched control methods, and created a plan for treatment (95%).

During the workshop, each person grafted two apple trees, observed proper pruning techniques while discussing insect and disease control. The day included a field trip to Morehead State University Browning Orchard where participants practiced pruning under the supervision of specialist and agents and appraised the wildlife controls used at the site.

## Producers Utilize Hay Test Results to Balance Beef Rations

Hay testing continues to increase as more and more farmers obtain knowledge about what a valuable management tool they are and how to use the results as indicated by the 118 samples taken by the Ag agent in 2018. Not only are more samples being taken each year, but quality of hay is improving as indicated by Carter County producers winning 7 of the 27 awards presented. Carter County also placed 2nd out of the 15 counties for the high 10 average for the county. Producers have gained knowledge on what makes one lot of hay better than another. They are seeing how maturity plays a role in hay quality by seeing how TDN and RFV go down with maturity. They are also learning how legumes improve their hay quality by seeing how the CP% increases with legumes in the stand. The CP% has increased in hay in 2018 as indicated by the hay test results.

Producers desire to take the hay test results one step further and use the results to balance rations has also increased as indicated by the 55 producers who attended an Applied Master Cattlemen program to hear Dr. Lehmkuhler speak on how to interpret their hay test results and how to use this information to balance rations. Agent gave the producers their individual hay test results during the meeting. Dr. Lehmkuhler took several hay test results from the group to use in a real life situation of balancing a ration. Dr. Lehmkuhler even gave an iPad to a 5th grade student to enter the numbers in the Forage Program to show how simple it was to balance rations. All 55 producers left the meeting that night with increased knowledge and self confidence in balancing rations.



*Taking a hay sample at Purnell's Farm.*

## GermS are where?

It's no secret, germs are everywhere. We may never see them, smell them, or taste them, however they are there. The Carter County Nutrition Education Program Assistant (NEP) taught a Germs Lesson to the first graders in Carter County. While doing the lesson the first graders also participated in Glo-germ.

The students were given a squirt of the liquid based Glo-Germ, which simulates "fake germs" the students then rubbed the lotion in and the NEP Assistant walked around and shined a special black light on their hand to show them the fake germs. Proper handwashing was discussed and the students went to wash their hands and each student's hands were checked again with the black light to see if the fake germs would still glow.

After washing their hands, if proper handwashing was completed, there should be no traces of the fake germs, thus, there should be no glow, such as in between fingers, or around the fingernails, or the sides of the hands or the backs. This is a very eye opening lesson for kids to see firsthand.



*One student remarked, " This was such an interesting activity, I really enjoyed seeing the germs glow on my hands, letting me see where I need to wash better next time!"*

## Extension At a Glance

- 1193 Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community
- 450 Number of individuals who reported eating more healthy foods
- 31 Number of 4-H members serving as direct mentors to younger youth
- 450 Number of individuals reporting that their family supplemented their diets with healthy foods that they produced or preserved
- 383 Number of youth who indicate they listen to people who have different ideas
- 382 Number of youth that report making healthy lifestyle choices
- 10 Number of volunteers who have participated in formal volunteer education (KVF, Certification, Re-Certification, organized county or district Volunteer Development Activities)
- 44 Number of youth who participated in summer residential camps
- 250 Number of participants gaining access to Extension programming at local farmer's markets
- 50 Number of producers utilizing UK diagnostic services for plant disease control and management

*It Starts With Us.  
Healthy Families. Healthy Homes.  
Healthy Communities.*