

# EXTENDING KNOWLEDGE

## *Changing Lives*

### IN FLEMING COUNTY

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



### Master Haymaker Program

The Buffalo Trace counties represent a large portion of rural area, and forage production plays a vital role for agriculture across the five counties. With one of the largest alfalfa producing counties in the state along with high ranking grass hay production, offering a program to focus on improving forage quality would benefit local producers and agriculture operations in the Buffalo Trace Counties. The area Agriculture and Natural Resources Agents worked with specialist, agents, and local producers to develop and implement a program to offer education on improved forage quality and stored feed sources.

Thirty area producers registered for the six session program that covered forage topics of: Soil Fertility, Machinery, Cool/Warm Season Grasses, Storing Forages, Weed Control, and Marketing. Those registrants represent 10,369 acres across the area, with a total of 5,412 acres of forages for focused improvements.

### Program Efforts

- **528** Number of participants gaining access to Extension programming at local farmer's market
- **13** Number reporting an increase in knowledge of forest management and silvicultural practices as a result of Extension programming
- **37** Number of people who increased their knowledge of invasive species
- **125** Number of individuals who practice personal and interpersonal leadership skills in clubs, school and community outreach
- **540** Number of people reporting improved lifestyles through a focus on proper nutrition, disease and injury reduction and comprehensive health maintenance
- **185** Number of students that completed the Truth or Consequences: The Choice is Yours Program
- **225** Number of those who gained knowledge related to financial management
- **300** Number of youth who indicated they know how to use information they are given to make decisions
- **150** Number of youth who indicate they can take responsibility for their actions

With only 30% of the participants using weed control methods for hay production, improvements are possible with discussions from those in attendance. The program offered many facets to those that utilize hay as part of their livestock operation as well as those that produce forages for cash sales for other livestock operations.

Producers planned on making changes on their farm that consisted of: selection of better performing varieties of forages (62%), introducing new forage species (85%), adjusting cutting height during harvest (60%), trying new marking techniques (64%), and improving weed control in both pastures (78%) and hayfields (74%). The survey results also showed that many of the farmers that responded already were utilizing certified seed (71%), storing hay inside or wrapping (68%), and soil testing their hay fields (72%).

### **Kentucky Master Logger WebTV- Live Program Provides Training Closer to Home**

On February 6<sup>th</sup>, 2018 UK Forestry Extension broadcast a live Logger Web TV Program to 25 counties strategically distributed around the state, from the Webcast studio in the Forestry Extension Office. Assistance from the county agents and supporting staff was critical to the success of this program.

By hosting this Logger TV program from the webcast studio, we were able to provide quality programming to 492 Kentucky Master Loggers (KML) in convenient locations around the state and by doing so, alleviated overcrowding pressure on in person classes, in this big renewal year. A follow up of loggers demonstrated that many loggers saw a direct cost savings and convenience from having classes available closer to home and several counties even provided lunch at no additional cost to attendees.

On average, KML attendees reported a travel time savings of 2 1/2 hours compared to normal KML program attendance and a fuel savings of \$32 per logger (the high being \$135 in fuel saved). Fuel savings alone allowed for an approximate cost savings of \$15,744 for

the 492 KML attendees of the Logger WebTV Program, not including travel time, hotel, or lunches provided cordially by county extension offices. Fleming County was a host site and was able to train 14 Master Loggers.

Feedback was very positive to the variety of topics and information provided. Attendees of the day long Logger WebTV program received 6 CEU hours, which they are required by state law to obtain every 3 years to recertify their Master Logger designation.

### **4-H Camp**



*Campers first year ever to swim with the fishes!*

The 4-H Camping program has been instrumental for years in guiding youth and teaching valuable life skills to help improve the quality of life of each of the campers that attends. Youth develop a greater sense of independence and self-esteem as well as learn valuable lessons in building relationships with peers and caring adults. In the last five years, the Fleming County 4-H Camping program has seen significant growth. Through innovative recruitment and marketing ideas, the Fleming County Camping Program has grown from 30 participants in 2013 to 98 in 2018 successfully exceeding the recommended number youth significantly for the last three years. Upon completion of the week 65% of youth stated “they felt comfortable taking care of their own things” and 72% of the youth said “they tried at least one new thing while at camp.” 94% of the volunteers in attendance stated that they “noticed significant growth in camper independence from the beginning to the end of the week”.

## 4-H Tractor School

According to [www.OSHA.gov](http://www.OSHA.gov), youth ages 15 and under have an increased risk for farm related injuries. In summer of 2017, the Fleming County 4-H Program took their agriculture learning to the next level with an in-depth analysis and informative multi-day day camp on Tractor and Farm Equipment Safety. During these days, youth learned about large and small tractors, different variations of tractors, lawn mowers, and the evolution of hay equipment.



*4-Her maneuvering a manure spreader through a course.*

Community leaders from Roses Farm Supply and Cahall Brothers Inc assisted in providing the education for the program by hosting two dates each at their locations. “It was a great opportunity to engage with youth and impart a lot of information in a short amount of time with them” stated the instructor from Roses Farm Supply. “I really enjoyed this program and learned a lot!” stated one 4-Her. 60% of the 4-Hers that attended the program currently reside on farms in the county. 98% of the 4-Hers attending stated they learned something new about tractors of large farm equipment, they feel will be useful in their everyday life.

As a direct result of this program, one 11-year-old 4-Her from Fleming County drove over two hours to compete in the District 1 Lawn Tractor Driving contest. This 4-Her went on to place second at the 2017 Kentucky State Fair Lawn Tractor Driving contest. When asked about the program the 4-H mother stated “I really appreciate the emphasis on safety in this program. It really brought to the forefront of Talon’s mind that safety is key and first and foremost, and that you “can” do it, second.”

## Truth and Consequences

The Fleming County Cooperative Extension Service implemented Truth & Consequences: *The Choice is Yours*, a scenario based role-play activity designed to help students learn more about the physical, legal, financial, and emotional consequences of substance abuse, for 189 high school freshmen. This program was held in cooperation with the Fleming County School District and the local FCCLA (Family, Career and Community Leaders of America). Fifty –five community partners and adult volunteers participated in the event to make it a success. After participating in the program, Students evaluation results revealed the following: 80% of students gained knowledge on the risks of using prescription drugs as an illegal substance. 90% of students reported that they were now aware that a DUI can be given to someone under the age of 21. The post evaluation also showed an increase in the number of students who realized that their poor choices could affect more than just them personally. It affects the whole family, both mentally and financially.

## Keys to Embracing Aging

Health and safety-related decisions that individuals and families make across the lifespan directly affect overall well-being and the ability to age well. Yet many individuals make choices which result in poor overall health and high chronic disease rates. Keys to Embracing Aging is a Cooperative Extension educational health intervention aimed at improving overall health by focusing on ways in which individuals and families can be empowered to take control of their own lifestyle decisions and behaviors in terms of health and well-being. During 2017 the Fleming County FCS agent presented Keys to Embracing Aging lessons to 35 senior citizens at the local Nutrition Center. As a result of 10 lessons, 35 participants reported improved understanding regarding the impact lifestyle choices have on overall health and well-being. 30 participants reported intentions to implement at least one strategy to improve their overall lifestyle.

As a follow up, 25 reported they have implemented at least one strategy to enhance either positive attitude, brain activity, physical activity or healthy eating. 10 participants participated in a walking program offered by the extension service during the last 8 weeks of 2017.

### Work Ready Skills for Youth

Many youth do not learn many of the needed social skills necessary to survive in today's adult business world. Basic table etiquette is one of those needed skills. Elementary school teachers realize this need on a daily basis. One school had the Fleming County Extension FCS program host an etiquette class with their 4<sup>th</sup> grade classroom. Students were seated at a formal table with real silverware, plates and glasses. The students were then served a meal. During the meal they had to practice using their silverware in the right manner, pass food, and conduct appropriate table conversations. Many students were nervous at first, but then felt comfortable. 100% of all the students were able to put good table manners into practice. Their teachers were very pleased with their behavior and how they put into use manners and proper etiquette.



4<sup>th</sup> Graders receive hands-on "Etiquette" experience.

Following the program, each student wrote a thank you note. One grandparent shared that her Grandson started setting the table every

*"I learned that you should pull out chairs for the women.  
At our family Thanksgiving  
I'm going to use good manners."*

*- 4<sup>th</sup> Grade Student*

night immediately following the lesson. He even delivered a handwritten card to the office: His quote: "Thank you for teaching us that class on dinner manners. I have been setting the table for my whole family. And I had so much fun."

### The Incredible Egg

In Fleming County the SNAP-Ed Assistant and the Family and Consumer Sciences Agent held a ten month class called, "Being Well by Design." The class focused on "Building a Healthy Lifestyle for Yourself and Enhancing Your Happiness." The attendance ranged from 4 to 8 people monthly. The SNAP-Ed assistant went over a lesson taken from the "Healthy Choices for Every Body" curriculum.

*Eating Better on a Budget* was one of the most fun classes. With five people present for the class and after going over the educational materials the participants each made an omelet. One lady said she had never made one before and was amazed how easy, inexpensive and delicious they were. That evening she prepared omelets for herself and her granddaughter for their dinner and since that time they have experimented with the making of omelets by adding new and different ingredients to them. She expressed it as, "not only do we enjoy the omelets but the time we spend together is priceless."



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