



EXTENDING KNOWLEDGE

Changing Lives

IN LIVINGSTON 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 Livingston County Extension Office Building at 803 U.S. 60 East in Smithland, Kentucky.

The Livingston County University of Kentucky Cooperative Extension Office is a resource dedicated to bringing quality educational opportunities to all the residents of Livingston County. Our dedicated staff of professionals work hard to bring programming and services in Agriculture and Natural Resources (ANR); Family and Consumer Sciences (FCS); Expanded Food & Nutrition Programming (EFNEP); Youth Development (4-H) ; and Community and Economic Development (CEDIK).

The Extension staff works closely with community leaders of the County Extension Council and three programming Councils (Livingston County FCS Council, Livingston County Ag Development Board, and Livingston County 4-H Council) to bring relevant and timely programming that enriches the lives of our clientele. We want YOU to join us in future planning of University of Kentucky Cooperative Extension programming.

Program Efforts

- **428** Number of producers who reported saving money or reducing cost of operation
- **210** Number of producers who plan to improve chemical administration record keeping.
- **161** Number of producers who plan to utilize IPM practices for grain crops production as recommended by Extension.
- **119** Number of individuals who plan to engage in decision-making activities and actions that affect water.
- **410** Number of youth who indicated they know how to use information they are given to make decisions
- **268** Number of youth who apply the skills they learned in 4-H and in other activities at home, school or in the community.
- **610** Number of youth who use their skills to conserve natural resources.
- **1,186** Number of individuals actively engaged in programs that build community capacity to nurture families.
- **619** Number of program attendants reporting eating more of healthy foods.
- **464** Number of parents and/or caregivers reported improved personal skills including increased interpersonal communication and life skills.

Family and Consumer Sciences

Livingston County Family and Consumer Sciences Extension collaborated with the Grand Rivers Chamber of Commerce and Kentucky Career Center to host a Spring Job Fair. Thirteen local employers were on sight recruiting new employees to fill 200 job vacancies. These thirteen employers represent 10 career pathway sectors and had jobs available for persons 16 years and older. There were 57 job seekers in attendance, with 48 of those applying for one or more jobs on-site. Through an informal survey of the job seekers, people reported attendance from six different area codes and were age 17 to 57 years. Of those 57 job seekers, 14 reported to be military veterans. At the job fair, agent Morgan Rousseau taught a session titled "Dressing for Success", discussing professional and appropriate attire for the workplace. Additionally, information on keeping your resume updated was provided to every attendee.



Family Fun Night Story Time

Two "Family Fun Nights" were held this past year, with 125+ parents and children in attendance at each event. The goals of these family nights are to promote nurturing parenting skills, dinner table talks, and early literacy routines. These events are themed around popular characters and the event allows children to hear a story and meet the characters, create a hands-on craft, eat dinner with their parents, and learn a new healthy habit to incorporate into their home life.

Family & Consumer Sciences Extension also began quarterly Livingston County Parent Cafes, as a partnership with the Family First. Parent Cafes focus on the six Kentucky Strengthening Families initiatives and is an evening event that allows parents to explore

strengths and challenges in parenting while voicing concerns through parent networking. The Parent Café provides a meal for families and free childcare so parents can take fully participate in the roundtable discussions. Our Parent Cafes have grown to 45 parents who actively attend and nearly 35 children who come and enjoy the entertainment. Two additional Parent Cafes are scheduled for the spring.

Morgan Rousseau led an 8 part series on cooking with your pressure cooker. The "Under Pressure Cooking School" had 16 participants. Four sessions of the series taught meals and side dishes, while the last four classes focused on cooking desserts in the pressure cooker. A fresh salsa making class was also taught this summer, during which five ladies made restaurant style salsa, black bean corn, cucumber salsa, and fresh guacamole.

Expanded Food and Nutrition

The Livingston County Expanded Food and Nutrition Education Program Assistant has been welcomed into the county food pantry as a local asset. The EFNEP Assistant provides educational material, which in turn helps the clientele in making healthier food choices. All of the EFNEP Assistants clientele are also clients of the food pantry. In the past year, over half of the EFNEP clients have shown an improvement in Food Resource Management. This has reduced their reliance on the food pantry, which means they do not come as often as they once did. Also, a little over 90% of that group has shown improvement in their eating habits. This was accomplished by giving them healthy recipes.

The 21st Century grants in Livingston provide the means for all of the at risk children to receive extra instruction at the beginning and end of the school day. Children may choose to arrive at the schools early or stay later to receive help with their schoolwork. The afternoon programs also provide enrichment activities after the schoolwork is complete. The Expanded Food and Nutrition Education assistant in Livingston County hold classes at each school during their enrichment hour. During the nutrition hour, the Livingston County EFNEP Assistant provides the children with hands on programming. Programming consists of preparing healthy snacks and preparing healthy meals. Over the past school year, 86% of the children improved their abilities to choose healthy food. Thirty-one percent improved their physical activities, 60 % gained knowledge of safe handling practices and 70% improved their ability to prepare simple nutritious foods.

4-H Youth Development

The Livingston County 4-H Council has worked to address the County's youth development needs. Together with the 4-H Agent, they identify and volunteer in programming throughout the year for 4-Hers (9-19 years) and for Clover Buds (6-8 years). In 2017-18, three out of four county youth participated in at least two 4-H activities, clubs, or projects. Regardless of the subject, 4-H programming provides the four essential elements of positive youth development that allow youth to thrive into responsible community citizens. These essential elements are belonging, mastery, independence and generosity. 4-H offers researched based updated programming in seven core areas: Animal Science, Science Engineering & Technology, Family & Consumer Science, Health, Leadership and Natural Resources. Last year, Livingston County had 15 Special Interest (SPIN) clubs and classroom clubs for the 4th and 5th grade students at South and North Livingston Elementary. All the clubs elected club officers and received leadership education. Each club is encouraged to participate in a community service project. Last year, the middle school clubs conducted a service day at the Mary Hall Animal Shelter. These youth cleaned the exterior of the facility and walked the residents. This group also prepared over 300 Cancer Care kits that were donated to Oncology Group in Paducah. Summer Camp youth cleaned over five miles of roadway this summer raising over \$600 for 4-H Camp Scholarships. 4-H also hosted the Ohio River Sweep in Livingston County. We had three families clean over six miles of riverbank in Livingston County.



4-H Ham Project participants work on their hams at Broadbent's.

This past year, teens have attended Area Teen Council, Teen Retreat, Teen Summit, and State Teen Conference. The High School Teen Club developed a presentation on tobacco use prevention to deliver to elementary school wellness day in Livingston County. Four county middle school youth met monthly in the multicounty 4-H Teen Leadership Academy (TLA) with 16 other middle school students. They work on leadership and teambuilding activities and learn about community development, tourism, natural resources, government and community leadership. These youth serve as youth representatives on the local chamber, 4-H Council and County Teen Council. These same youth attended Teen Summit Leadership Conference in Jabez, KY.

Over 350 Livingston students participated in the 4-H Communications Contest. Public speaking is a life skill best achieved early in youth development. By providing opportunities for public speaking, our county youth are better prepared to communicate in adulthood. In 2017, twenty-four elementary youth qualified to compete at the County Communications Contest with their speech or demonstration. This program was possible only through the help of over twenty volunteer judges (members of the community) that worked over the period of two weeks to critique and judge the wide array of speeches and demonstrations.

In March 2017, the 7th grade students at Livingston County Middle School participated in Dollars & Sense and It's Your Reality. The program first equips the youth with budgeting skills, decision-making, money management and goal setting skills through a series of lessons. Then the program offers the youth a glimpse of adulthood as they earn a wage from a job of their choosing, receive a paycheck, create a budget and finally go through stations that include the bank to deposit their check, a car lot to purchase their "first" car, the grocery store, real estate office to acquire housing, the insurance office, the clothing store, pay their taxes and other necessities and incidentals of life. Students leave the Reality Store with a better understanding of their future and a motivation to prepare for it.

In April 2017, Livingston County 4-H and the Livingston County MAPP (Mobilization for Action through Planning & Partnerships) Team to provide Truth & Consequences: The Choice is Yours. This University of Kentucky Family Consumer Science (FCS) program presents students with "Poor Choices" and allows them to experience the consequences that result of making that choice. These "poor" choices

dealt with issues in alcohol, drugs, peer pressure and other issues that teens commonly experience. This program required a high volunteer base. The program is only successful due to the county volunteers that served as an agency partner or as a “parent” of a youth experiencing the program. Over 98 freshmen found the program worthwhile and thought provoking. The youth indicated that the experience promoted dialog amongst the class and at home with their family.

4-H Summer programming is always new and exciting. 4-H Summer Camp is the hallmark for 4-H in Livingston County. Generous donations from local supporters to the county camp scholarship fund allowed Livingston County 4-H to partially scholarship over half the youth that attended the American Camp Association (ACA) accredited camp. The youth that attend summer camp had the opportunity to try new activities, meet new friends, gain independence and practice personal responsibility/accountability while being supervised by caring teen and adult volunteers.

This past year, three volunteers attended the State 4-H Volunteer Forum from Livingston County. One of our volunteers presented a workshop on the honeybee project. These volunteers were able to learn with other volunteers and share ideas for their club activities.

Agriculture and Natural Resources

With the continued support of the University Of Kentucky College Of Agriculture and the input from the Livingston County Agriculture Advisory Council Livingston County ANR continues to bring research based educational programming to the community throughout the year. Some of the classes that were offered this year were beekeeping classes, pollinator day camp, pesticide training, cattle back grounding and management class, solar energy, how to manage herbicide resistant weeds, edible landscape gardening, and brood cow nutrition. Livingston County ANR also teamed up with several surrounding counties to bring to the region some fun and educational programs. Two successful multicounty programs were offered this year a Forage Field Day and a Master Horse Owner Program.

In addition, one of the many great services offered by Livingston County Extension is the opportunity to use our shared-use equipment. Our local beekeepers in the area continue to utilize the counties shared use honey extractor. This honey extractor allows small-scale beekeepers the ability to harvest their honey



A local honey producer uses the shared extractor.

without hassle and added expense. Our counties shared-use cattle head shoot has been and is continuing to help beef producers in the county with their animal health needs. The use of our forage and soil probes help our producers obtain forage and soil samples in our county.

Livingston County farmers and homeowners still continue to take advantage of other great services offered by Cooperative Extensions ANR, such as forage testing, soil testing, insect identification, and plant disease diagnosis.



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