

EXTENDING KNOWLEDGE

Changing Lives

IN LYON COUNTY

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



Students from the Lyon County Preschool Program participated with their families in movie night where they learned about the importance of eating healthy foods.

Food from Farm Through All the Ages

Lyon County Extension provided educational programming on food and nutrition from production to consumption. The ANR program included a high tunnel class attended by 30 people, and support of the local farmers' market including organization of the annual Summer Celebration which included food samples and nutrition information offered by the FCS agent.

Youth educational programs provided by the 4-H agent included monthly school nutrition lessons for 4th and 5th grades. The 4-H and FCS agents collaborated on a Culinary Team (4th-8th graders) program for the second year in a row with six participants. The FCS agent offers nutrition education to preschool youth, at the senior citizens center and to homemakers. Canning classes were offered with 10 participants.

A survey of farmers' market participants indicated that 47 of 62 participants took steps to eat healthier foods. Responses indicate that 79% ate two servings of fruit per day and 72% ate three or more servings of vegetables. Salt or fat was reduced in 84% of diets and 83% exercised two or more times per week.

Program Efforts

- 438 different youth were involved in an educational club, program, camp or conference during the past year.
- 57 educational programs were offered in ANR programming reaching 4,695 people.
- 8,394 volunteer hours were contributed by five homemaker clubs.
- 724 volunteer hours valued at \$18,100 were provided by Lyon County Master Gardeners to Lyon County.
- \$5,501 in grants and donations, in addition to fundraisers, helped make it possible for youth to participate in 4-H programs at no cost or reduced cost.
- 17 University of Kentucky agricultural and horticultural specialists and two extension associates provided direct education to Lyon County residents.
- 622 Snap-Ed hours were provided towards nutrition education in Lyon County.

Family & Consumer Sciences

The Family and Consumer Sciences (FCS) Extension Agent for Education in Lyon County, Angie York, has enjoyed a busy and productive year serving constituents in the Lyon County Community and beyond. Programs in the FCS department are designed around the seven initiatives set forth by the University of Kentucky. The initiatives include making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious foods, and empowering community leaders.

As a part of the embracing life as we age initiative, Angie was asked to participate in a multi-state research project called *Keys to Embracing Aging*. "Keys" emphasizes how lifestyle choices are integrated and examines how behavior and choices affect health and well-being in the present and the future. Participants attended class each month and reported their data back after each class. Results from that data collection will be forthcoming.

In continuing to address the initiative of accessing nutritious foods, food preservation programs were offered in both Lyon and neighboring counties. This program taught participants the steps for pressure canning, water bath canning, freezing, and dehydrating fruits and vegetables. Additionally through the accessing nutritious foods initiative, York visited the Lyon County Preschool, Audubon Head Start, The Lyon County Senior Center, and the Rainbow after School Program (provided by the Kuttawa United Methodist Church) monthly to talk with children and seniors about the importance of making healthy choices daily when it comes to food and exercise.

Reducing, reusing, and recycling are an important part of the promoting healthy homes and communities initiative. Each month Angie visits Rivers Bend retirement community to work with residents. Each lesson teaches an idea based on recycling while also promoting socialization and hand eye coordination for an aging clientele.

Because of the importance of heritage art skills to this area, programs are offered throughout the year to promote learning artistic skills. As a way to allow access to programming for those who work during the day, the Pinterest Interest club was started, meeting the second Tuesday of each month at 5:00. Participants learn new cooking, sewing, and other skills that actively engage them in stress reduction activities to improve their mental health and offer arts enrichment to strengthen our community.

As advisor for the Lyon County Homemakers, Angie worked closely with Homemaker leaders this year to address the issue of getting younger members to join Homemakers. A new Homemaker incentive program called REACH has been implemented to help members become more engaged with the Homemaker program. REACH promotes reading, exploring, action, community, and Homemakers.

The Lyon County FCS program welcomes community input and ideas to continue its program on excellence in education and endeavor to offer research based information to improve the lives of the individuals and families in Lyon County.



Lyon County residents take part in the new Local Traveler Series. Here they are at the Pogue Library on Murray State University campus.

4-H/Youth Development

Thanks to support from Lyon County school administrators and teachers, youth in grades 4-12 can belong to a 4-H school club. Special interest clubs meet after or before school and officers are trained to lead clubs in every 4th and 5th grade classroom.

After-school and community clubs provide special interest projects: Teen Leadership Council, Craft Club, Culinary Club, Shooting Sports Club, Livestock Club, Horse Club, and Cloverbud Club. Nine volunteers are certified leaders in the 4-H Horse, Livestock and Shooting Sports programs.

Adult and teen volunteers worked with 438 youth in 4-H programs during the past year. Grants and donations of \$5,501, along with funds raised through poinsettia sales, helped fund 4-H programming efforts.

Two Lyon County teens serve as officers on Area 4-H Teen Council and one serves as a delegate to the State Teen Council, another is on the Performing Arts Troupe. One teen also serves as a State Shooting Sports Ambassador and delegate to the National Shooting Institute in Bozeman, Montana. Teens presented tobacco education to 750 elementary students last year in Lyon and Livingston Counties, with Lyon County presenting a bullying program to 4th graders. The Teen Leadership Academy, a collaborative program with four other counties, provided a year-long leadership program for middle school students. A program called Sisters-2-Sisters helped middle school girls develop positive attitudes toward body image, anti-bullying, and relationships. One former 4-H member served as a staff member at 4-H Camp until he began his career as a 4-H Agent in a neighboring county.

The 4-H Council provided 4-H National Youth Science Day kits for all 4th and 5th graders and also helped to sponsor the LCES Robotics Team that qualified to compete at the state robotics competition.

Fourth and fifth grade students wrote and presented a speech in the classroom.

Fourteen students gave their presentations in the county contest, three presented at the district contest and two advanced to the state competition winning a blue ribbon there.

Reality Store is a financial education program presented to all 8th grade students. Truth and Consequences, a positive decision-making program, was presented to all freshmen, with nearly 75 volunteers providing support.



Officers elected to serve in classroom or specialty clubs attended a training led by members of the 4-H Teen Club Officer Team.

Special programs included: trips to the KY State Fair, Country Ham Project, Vet Science Project, Summit, Communications Day, DAT (Drugs, Alcohol & Tobacco) Awareness Conference, TATU program, Trash Sculpture, LEGO Competition Team, Mother's Day Flower Pots, Sewing Projects, Photography Projects, Horse Judging, State 4-H Horse Show, and Shooting Sports State Competition. Community Service projects included a Beef Stew Drive for the local food bank, spring trash pick-up, support of the Imagination Library in Lyon County, and Hurricane Relief donations. Fourth and fifth graders received nutrition information through SNAP each month.

Scholarship donations helped youth participate in 4-H camping and conference programs such as: 4-H summer camp, Area Teen Retreat, Southern Regional Teen Leadership Conference, Horse Camp, State Shooting Sports Camp and 4-H Summer Camp where they learned leadership, team building and communal living skills.

Agriculture, Horticulture & Natural Resources

Local, regional and state businesses and agencies also contributed educational presentations. Four hundred and fifty-two soil samples were tested for Lyon County at the UKREC lab. Of these, 152 were provided free of charge to Lyon County residents.

Improved economics and production practices on beef cattle operations was the purpose of two meetings held in early 2018. Cattle Genetics was discussed by Dr. Darrh Bullock, UK Cattle Genetics Specialist, to help farms maximize reproduction, and cattle efficiency. Rejuvenating Pastures was a topic presented by Dr. Chris Teutsch, UK Forage Specialist.

Tobacco farmers are facing increased need to comply with Good Agricultural Practices (GAP). In cooperation with local farmers, a GAP training was held in Lyon County for 99 tobacco farmers and their H2-A workers. The program included collaboration with the Western Kentucky Regional Migrant Education Program, the Department of Labor, and local emergency services.

Additional agriculture classes offered were as follows: a soils class, horse trailering laws with Sgt. Jason Morris, KSP, grain marketing, and Private Applicator's certifications (3 sessions). Two of the five Caldwell-Lyon Cattlemen's meetings were held at the Lee S. Jones Convention Building. The Ag Development Council approved a new CAIP program for 2019. Last year, the ADC awarded \$20,000 to the construction of the newly competed high school greenhouse.

Lyon County Master Gardeners had a very active year. This fall, Western Kentucky hosted the State Master Gardener Conference. As cohosts, the LCMGA organized the Lightning Round session of the conference and made a Lightning Round presentation. They entered the Search for Excellence competition for programs, and nominated Carrie Barnett for outstanding individual Master Gardener.

Educational programs included the Christmas Wreath Event, 4-H Mother's Day Flower Pots,

Native Plant Sale and Program, a Flower Arranging Class, Toad Abodes for the LBL Hummingbird Festival, and a display for the Farmers' Market Celebration. Members planted herbs and roses at the Rose Hill Museum, the courthouse and demonstration garden.

The volunteers provided assistance on 8 days to the fourth and fifth grade horticulture field days for Lyon and Caldwell County schools at the UK Research and Education Station at Princeton. In return for their work, two advanced Master Gardener classes were offered to all of the far west Master Gardener volunteer groups.

Calloway and Lyon Counties collaborated on a Shiitake Mushroom Workshop and Hike last April. Twenty-nine participants learned about shiitake mushroom culture and mushroom identification and characteristics, and hiked in LBL to find and ID wild mushrooms. Lyon and Calloway Counties organized a pre-conference hike of Mantle Rock Nature Preserve for the State Master Gardener Conference with ten participants.

Commercial horticulture efforts included a high tunnel production class, assisting a local vineyard with specialist support, organizing the Lyon County Farmers' Market Celebration and general support.



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