



EXTENDING KNOWLEDGE

Changing Lives

IN NICHOLAS COUNTY

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



Summer Camp 2018

Introduction

The Nicholas County Cooperative Extension Service continues its mission to bring research based information from our land grant universities, the University of Kentucky and Kentucky State University, to the citizens of Nicholas County. The Nicholas County office strives to serve a diverse audience through agriculture, family and consumer science and 4-H youth development programming.

As the seasons have changed so has our extension office. We have welcomed a new ANR/4-H Agent, Lindsay Haynes, who is eager to serve the

Nicholas County community. As you read through, we hope you spend some time learning more about her and what she hopes to be able to bring to Nicholas County. We hope through this short snapshot of our programming something sparks an interest in you and you will join us moving Nicholas County forward through our programming and various opportunities.

Program Efforts

- **67** Number of participants gaining access to Extension programming at local farmers markets
- **159** Youth engaged in positive youth development through the camping program
- **12** Number of individuals (parents or caregivers) reporting improved personal knowledge and skills (of healthy eating habits and positive discipline techniques for children)
- **73** Number of youth who applied skills learned through 4-H at home or in the community
- **11** Number of individuals who made lifestyle changes (diet, exercise, managing stressors, etc.) for the purpose of improving their health
- **112** Number of youth who are more aware of preparing and eating healthy, local food
- **73** Number of youth who understands the role of agriculture in the production of food and fiber

Nicholas County Welcomes New ANR/4-H Agent Lindsay Haynes



I would like to take the time to introduce myself to the Nicholas County community. My name is Lindsay Haynes, I am a native of Bourbon

County and am a recent graduate of Morehead State University where I majored in Agribusiness with a focus in Animal Science. I grew up on a small farm in Bourbon County that gave me my first real insight to agriculture itself. My first encounters with farm animals happened with my 4-H & FFA market goat and steer projects. With my involvement in livestock showing and other agriculture organizations, I knew my passion for the agriculture industry would prosper after high school.

My time at MSU was spent serving many organizations such as the Agriculture Ambassadors program which allowed me to travel to the tristate area of Indiana, Ohio and Kentucky to speak upon agriculture itself and MSU's areas of study. I was also involved with the collegiate FFA and started the first Agribusiness organization on campus.

In the summer of 2017 I worked as an intern for the Regulation and Inspection Division of The Kentucky Department of Agriculture's Consumer and Environmental Protection branch. During this time I acquired hands-on work experience that gave me the insight needed to consider a future career in the agriculture industry.

I was offered the opportunity to intern with the Harrison County Cooperative Extension Office in the area of 4-H Youth Development this past summer. This gave me the unique opportunity of making a difference in the

community as well as observing and experiencing all the responsibilities of a full-time Extension professional. I assisted the agent in planning and conducting youth programs and leadership activities for the county. I also provided an Agriculture Diversification Night to highlight diversified products and practices in Harrison County and the surrounding area. The completion of this internship resulted in my decision to pursue Cooperative Extension as my career.

With my official start date being November 1st, I am starting to plan and research the areas of agricultural need for Carlisle. I am hopeful that my time here in Nicholas County is spent developing programs and providing material that help benefit this community to the best of my abilities. I will continue to provide services of forage testing and soil sampling which I encourage everyone to take advantage of. I look forward to meeting and working with each and every one of you. Please feel free to contact me with any programs or materials you would like to see implemented.

Creating and Maintaining Family Traditions

Nicholas County FCS Extension in collaboration with the Nicholas County Family Youth Resource Center provided a program on family traditions. Strong families play an important role in the community and contribute to society overall. For a young child, for example, positive development depends on a parent's ability to nurture, teach and provide. Despite life's physical, financial or even emotional barriers, families who establish positive interactions, including a sense of belonging, love, connection, trust, sensitivity, and responsibility can contribute to well-being.

To help strengthen families Madison McAlmond, FCS Agent offered the "Creating and Maintaining Family Traditions" program. Emphasis was on the characteristics and assists of strong families and how the creation or maintenance of family traditions contributes to that. 21 consumers

participated in the program. Of the 21 who completed the program evaluations, 100% indicated that their family traditions provided a source of identity, 100% indicated that their family traditions strengthened their family bond, 100% indicated that their family traditions offered a degree of comfort and security, 92% reported that they think traditions connect generations and another 92% identified with ways in which traditions pass on cultural and religious heritage. Overall, 100% of participants connected strong families to traditions and 92% will maintain or work to create new traditions.

Food Preservation Workshop



Making salsa to learn canning procedures

Seven participants completed the 2018 Nicholas County Food Preservation Program along with four youth participants. They learned the pressure canning, water bath canning, freezing and

drying methods of food preservation. Over half (60%) of the participants reported using food preservation methods sometimes and 40% reported using food preservation methods never or rarely prior to the program. The participants said that they learned about the program through Facebook, friends, and family. Over half (60%) of the participants chose to attend the program because of a desire to learn, an interest in heritage skills and for personal accomplishment. Other reasons cited by some included improving preservation skills, teaching preservation skills, interacting with others, eating healthier foods and saving money.

End of program evaluation results indicate an increase in food preservation skills. Before the program, nearly all (94%) of the participants

self-identified as having 'beginner' skill levels in food preservation; after the program, 15% identified as having 'intermediate' skill levels and 5% as 'experienced'.

All participants (100%) strongly agreed or agreed they had better skills in home food preservation methods, could identify research-based methods of home food preservation, could identify the necessary equipment for home food preservation methods, could identify the correct method of canning for low acid and high acid foods and could identify spoilage in home preserved products after the program. Over half (60%) of the participants reported growing a garden this year.



Aiden (above) learning and practicing knife skills

Super Star Chef

The Super Star Chef program is provided by the University of Kentucky Nutrition Education Program and gives youth in many different counties an opportunity to attend a three-day program to learn basics of cooking, nutrition and fun! There was a pre and post evaluation to see what was learned over the course of the three days and comparisons of participant responses to the assessment instrument show that the program enhanced participant understanding of the nutrition concepts covered in the program. Average total score on the test increased from 10.39 in the pretest to 13.33 in the posttest (out of a maximum of 15).

The pre-posttest also included seven items that measured the youths cooking self-efficacy. Responses to these seven items were summed to create a cooking self-efficacy score. Pre-post analysis showed that participants' cooking self-efficacy increased from 25.82 in the pretest to 30.41 in the

posttest (out of a maximum of 32). The posttest also included eight (8) self-assessment of learning gains items. These items asked the participants to indicate the extent to which they agreed or disagreed that they learned the concepts described in each statement.

All the respondents (100%) agreed/strongly agreed that they learned about how to wash their hands to remove germs; learned the correct way to hold a knife for cutting; learned how to measure ingredients; and learned how to read recipes. All but one of the respondents (94%) learned about the amount of fruits and vegetables they should have on their plates; learned about how germs can be transferred to food; and learned how to read nutrition labels. Also, all but two of the respondents (89%) plan to eat more fruits and vegetables after participating in the program.

This program was such a great success a cooking club became high priority for Nicholas County. The youth wanted to continue on with skill building and learning. We now have a 4-H Cooking Club with two leaders and 18 kids enrolled.

4-H Camping Program

The camping program is designed to build youth development skills in multiple areas of mastery, independence, generosity, and belonging as well as increase individual interests, social aspects, and physical development. Younger members learn how to make decisions on their own and learn how to interact in a socially acceptable manner with other 4-H'ers, teens and adults. Junior counselors are given tremendous amounts of responsibility, and thus grow in their dependability, maturity, leadership and conflict resolution.

The Nicholas County camping program has grown significantly over the past 10 years. Nicholas County now averages 90 participants including youth, junior counselors and adult counselors. This is a large number when comparing the total population of Nicholas County which is

around 7,130. This year we brought 74 campers, 11 junior counselors and five adults to summer camp.

Our 4th graders also utilize the camping program with an Environmental Camp each fall. This year we had a total of 91 in attendance at Environmental Camp. This included 74 campers and 27 adults that were able to experience our facilities. The youth had the opportunity to build skills in canoeing, learn and dissect owl pellets, study birds and many other subjects. Also, many were able to stay away from home for the first time building independence and social skills.



Youth at 4-H Summer Camp 2018



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