

# EXTENSION Today

## IN CHRISTIAN COUNTY

*In Christian County we're growing ideas that make a difference in your life, your family, and your community. We have a dedicated staff of trained professionals delivering educational programs in agriculture and natural resources, family and consumer sciences, 4-H/youth development, and community and economic development. The Christian County Cooperative Extension Office is your connection to UK and the world.*

*You'll see some key numbers in this report. But the numbers don't show you the people or the impact of our work. So the rest of this report shows the faces behind some of the numbers.*

### FAMILY & CONSUMER SCIENCES

#### Money Sense for Women

For three years, the Christian County Extension Office has partnered with others from the community to provide "Money Sense for Women" workshops. Over 375 women have attended those workshops and gained knowledge in topics such as: "Getting Your Legal Documents in Order;" "Mortgages, Ownership and Equity;" "Oops! I Spent too Much;" "Aging – A Family Affair;" and "Living a Debt Free Life;" and "Eating on a Shoestring".



The seminars, which include lunch, are offered free of charge to the participants. This is possible because of donations from local businesses, banks and

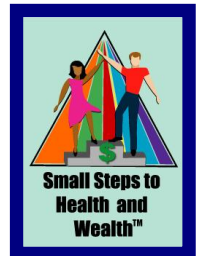
organizations. Almost \$6000 has been raised in the three years including a grant from Wal-Mart.

The committee's goal was to have topics that would appeal to all ages, all races and all economic ranges. Fourteen percent of the participants were 18-32 years old, 72% were 35-62, 19% were over 62, and 50%

were minorities. Seventy-Four percent of those participating have made positive changes in their finances (paid off or paying off credit card balance, stick to a budget, save more of take home pay, etc.) and 56% have used the information to get some legal documents in order (drawn up a living will, update will, power of attorney papers drawn up, etc).

#### Small Steps to Health and Wealth

Every New Year's Eve, millions of Americans resolve to get healthier (e.g. quit smoking and lose weight) and wealthier (e.g. increase savings and reduce debt). This is not surprising because health and personal finance issues affect so many of us. Major societal problems that have been widely reported in recent years include an increasing incidence of diabetes, more overweight and obese adults and children, low household savings rates, and high household debt. Many people are overweight and have few financial resources and they are looking for a way to both live healthier lives and achieve financial security.



In an effort to help people make steps to improve both health and wealth, the Christian County Extension Office has offered workshops on "Small Steps to Health and Wealth" in Christian County as well as six surrounding counties. Sixty-nine people including Extension Homemakers attended the seven

workshops and then taught the information to approximately 380 others. Ninety-five percent of those participating reported being more conscience of their health and wealth, 81% set goals to improve their health and wealth and 75% have made progress in reaching those goals.

### Expanded Food and Nutrition Education Program



The Expanded Food Nutrition Program teaches small groups, resource families, and groups how to improve diets and health. food preparation, meal planning and food shopping skills

(including reading labels and price comparison) are taught to participants.

The EFNEP program assistant has worked with 128 limited resource families (meeting once a month for 6-12 months) and 1,481 youth. Participants include families and youth at the Trilogy Center, Housing Authority, Sanctuary House, individuals working on their GED's, school classrooms and preschools. Demonstrations of healthy foods and food preparation are done at the local Farmer's Market.

## 4-H YOUTH DEVELOPMENT

### 4-H Public Speaking

Three hundred and seventy-six, sixth grade students wrote and presented a 4-H speech as part of their school core content. Fifteen youth presented 4-H demonstrations. Public Speaking is one of the most important life skills that a young person can learn and 84% of the youth who gave a speech or demonstration said they felt more confident about public speaking.



*12 Year Old State Talk Meet Champion  
Anna Haley*

### 4-H Camp

4-H Camp has long been an important part of Christian County 4-H. Each year over 100 boys and girls attend West Kentucky 4-H Camp at Dawson Springs. These boys and girls make new friends and have fun learning from twenty different camp classes while spending a week at the overnight camp.

Campers can select from such classes as nature, ropes, recreation, canoe, horse, rifle, archery, fishing and even classes such as line dancing, rocketry, cheerleading, drama and crafts. Boys and girls from Christian County also attend 4-H camp as part



*Camper Fishing at  
Natural Resource Camp*

of their school work. One hundred and ten sixth grade students from Christian County Middle attended 4-H Natural Resource Camp and eighty students from Hopkinsville Middle attend Nature by the Number Camp. Both camps are overnight and have students learning in an outdoor setting. Natural Resource Camp concentrates on science principals where Nature by the Numbers concentrates on Math concepts.

### Crofton School and 4-H Partnership

A great partnership was developed with Crofton School and Christian County 4-H. Christian County 4-H held two Family Fun Nights\Family Education and Fun Nights, giving families an opportunity to work together on 4-H projects. Christian County 4-H used 4-H projects as a basis with an emphasis on Math for Family Math night at Crofton. Over forty families learned measurement in leather and foods; following instructions, measurement and probability in Rocketry; needs vs. wants and money management in Consumer Education; measurement and following instructions in GAK; and percentages and nutrition in Food Label scavenger hunt. Teen leaders from the North Drive Leadership Club taught the different classes. Woodland Heights family night got down and dirty as 25 families made a bucket garden and planted tomatoes. Christian County 4-H also held a Science Extravaganza at the school for third and fourth grade students. The event had eight different

hands on science concepts the school felt were important in helping the students increase their CATS scores. Students were able to have hands on activities to enhance classroom text education for: interdependence, adaptation, cause and effect, patterns, predicting, reasoning, the food chain, energy transfer, elements that all organisms need to live, graphing, recycling, understanding litter is harmful and giving examples of harmful litter. Many of the activities included physical activity and being outdoors. A vocabulary list was developed from the sessions. Each student received a booklet with all the classes and worksheets. As part of the partnership that was developed with Crofton School, the school helped organize a Crofton 4-H club. The Crofton 4-H Club is strong club with twelve members, who completed a community service project, and had one speech and one demonstration, with six entering projects in the fair. The club has met the 4-H Council grant requirements for a \$600 grant and the club used those funds to enable eight of their members to go to camp.

### **Military Youth**

A Family Fun night was held at Lincoln Elementary at Fort Campbell Army Installation. The 65 youth and their families have a chance to choose from muffin mix, Building Bridges Communication, scrapbooking, GAK, leather, woodworking and learning about 4-H shooting sports. Families say that working together on projects is a great way to develop communication and have fun. Military children at South Christian School completed the 4-H Building Bridges, Family Connections Communication curriculum. By completing scrapbook pages, the students, who all had a parent deployed to Iraq, learned they all had things in common. The students brought family photos and talked about their families and shared experiences.



*Father and Daughter completing a woodworking activity at Lincoln Family Fun Night*

## **HORTICULTURE**

### **Rain Gardens Decrease Stormwater Runoff**

Rain is natural; stormwater isn't. Government studies have shown that up to 70% of the pollution in our streams, rivers and lakes is carried there by stormwater.

Although most people never think about stormwater, about half of the pollution that stormwater carries comes from things we do in our yards and



*Planting of a Rain Garden at Jeffers Bend*

gardens. Installing a rain garden is one way to alleviate runoff problems. Seventeen participants attended a rain garden workshop, provided by the Barnhart Fund for Excellence, to help educate themselves about rain garden establishment and maintenance.

Program participants learned how runoff water affects the local watershed, where to locate a rain garden, matching the size of a rain garden to your landscape, determining your soil type, use of native plants, and the limited use of fertilizer in rain gardens. The program participants were also able to visit an installed and landscaped rain garden at the class location. A survey conducted after the program indicated that 88% of participants increased their knowledge of how runoff water affects the local watershed, 88% discovered where to locate a rain garden on their property, and 89% learned to limit the use of fertilizers in rain gardens. When asked if they intend to install a rain garden in their landscape, eleven participants (65%) indicated they will. Several participants indicated an interest in a rain barrel workshop and subsequently two workshops on making rain barrels were held with twenty clients making and installing their own rain barrels.

## AGRICULTURE & NATURAL RESOURCES

### Agriculture Education in Christian County

Over the past year, the Christian County Extension Service has proudly offered educational programming to producers of every commodity grown in the county. Whether you are a part-time producer operating on a small plot of land, or you manage thousands of acres, our programs have been designed to meet your needs.



*Local Farmer John Young and  
Christian Co. Ag Agent, Jay Stone*

Below you will find a sample of some of our programs which have positively benefited our clientele:

The CPH-45 program consists of beef cattle producers who have gone through the process of weaning their calves, administering a series of vaccinations, and marketing them through special sales where the calves are grouped together in trailer lot- sized loads. Not only do these sales usually offer the producer a premium for his efforts, but the pre-conditioned calves will outperform calves which have not gone through the process. This program has grown tremendously in recent years, and is now

being offered at two local locations, both Guthrie and Hopkinsville. During the recent production season, producers who have participated in this program have realized an average increase of \$64.82 per head of increased income over those who have marketed their calves through traditional sales methods.

Another program which has had a great impact on the local agricultural economy has been the partnership between the Christian County Agricultural Advisory Council and the Christian County Agribusiness Association, and their concerted effort to implement a county cost share program. This program allows producers to receive cost share funding for adopting new production practices which are established under a state wide grant program. The eligible areas of investment are precision agriculture, dairy diversification, genetic improvement, livestock handling facilities, hay, straw, and commodity storage, livestock fencing, poultry management, forage improvement, and on farm water enhancement. During this current funding cycle, this program has awarded local producers a total of \$841,000 dollars and since its inception over \$2.6 million dollars.

We have also been a part of many of the featured programs designed by specialists with the UK College of Agriculture. Local producers have taken part in such programs as Master Cattleman, Master Grazer, Innovative Tobacco Producers, and the Grain Crops Academy. Each of these curriculum-based programs is designed to educate producers with current, research based information, featuring the latest in production technologies.

## Christian County Cooperative Extension Service

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