

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.

Reaching Out to Christian County



<i>Educational Programs</i>	
Programs presented	276
Total participants	11,668
<i>Educational Contacts</i>	
Clientele visits	349
Telephone consultations	314
Newsletters distributed	5751
<i>Volunteer Development</i>	
Volunteers	205
Volunteer hours	3990
Clientele reached by volunteers	1628

techniques, and parent self-care with ideas for good nutrition practices, healthy life styles, and active family play. Eleven families participated in “Home Is Where the Health Is”. Survey results indicated:

- 83% reported playing more with their children as a result of receiving the Family Activity Kit. The kit included items such as Frisbees, kites, and bubbles. Several reported their children had before never played with some of the items.
- 52% reported they noticed positive changes in the way they experience physical activity with their children; either playing more often or more actively.
- 43% reported they noticed a positive improvement with how they got along with their children.



FAMILY & CONSUMER SCIENCES

Home Is Where the Health Is



Christian County was a pilot county for a new curriculum called “Home Is Where the Health Is.” This program integrates tips on creating family communication and bonding, positive discipline

Comments included: “We talk more now; we are playing together instead of them playing by their selves; the boys don't fight as much; I listen more.” Participants noted the sessions made them aware of the need for increased family meals and active playtime together; made them more careful in the snacks they choose for their children and

grandchildren; and encouraged them to work on reading with and to their children and grandchildren rather than turning on the television. This program helps to prevent childhood obesity through fostering a healthy relationship between parent and child.

Extension Homemakers Volunteer

The Extension Homemakers donate many hours to the Christian County Cooperative Extension Service and other organizations. A survey sent to the Extension Homemakers showed that 2870 hours (an estimated value of \$59,840) were volunteered supporting the Cooperative Extension Service, and 9279 hours (an estimated value of \$193,467.15) were volunteered supporting other organizations. The Extension Homemaker Clubs of Christian County donated \$4952 in cash and 321 items (i.e., quilts, stockings for newborns at hospital, cakes for Rotary Auction) this past year to various causes around the county.

Expanded Food and Nutrition Education Program

The Expanded Food and Nutrition Program (EFNEP) teaches small groups, limited resource families, and youth groups how to improve their diets and health. Nutrition, 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 137 limited resource families

(meeting monthly for 6-12 months) and 2,149 youth. These 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 also done at the local Farmer's Market.

4-H YOUTH DEVELOPMENT

4-H Camping

Two hundred and forty-six youth in grades 4 through 9 attended at least one of four overnight camps offered by Christian County at the Western Kentucky 4-H Camping Center in Dawson Springs.

Summer 4-H Camp is a week-long camp where youth are exposed to many program topics including fishing, swimming, canoeing, sewing, outdoor cooking, and many science-oriented projects.

Every Day Engineering Camp focused on youth in grades 8 and 9 with a desire to pursue some type of engineering field post graduation. This camp introduced many engineering fields, including bridge building, dam construction, hydro-engineering, landscape design, rocketry, and GPS.

Nature by Numbers Camp allowed youth to gain important insight on how math relates to the natural world, whether it was stepping into the shoes of a wildlife biologist to estimate how many bears the camp could support or surveying the athletic fields to determine how many acres it encompassed.

Natural Resource Camp permitted campers to learn the ancient Native American art of making a wild turkey "wingbone" call, experimented with the effects of carbon dioxide on our planet, tested the lakes water quality, and much more.

4-H and Army Families

Christian County is home to one of the largest military installations in the US. The partnership that KY/Christian County 4-H has with the army base is growing strong.

Over 20 volunteers and 300 youth participated this year. Projects ranged from arts and crafts to raised bed gardens. These



youth received 4-H contact through school enrichment projects, after school programs, and after school clubs. Teen members also participated in community wide events to show their support for both the military installation and the Christian County communities. A new push this year with Ft. Campbell was to provide two community project days specifically for off base children at the Oak Grove Community Center. Youth experienced straw rocket building, t-shirt making, ice cream in a bag, and many others.

HORTICULTURE

Local Volunteers Contribute to Statewide Annual Trial



Annual flowers are a profitable business to Kentucky growers and of great interest to local home gardeners. Selecting cultivars of annuals that perform well in Kentucky's climate and resist disease and insect pressures has great bearing on the success of production and landscaping with

annuals. For these reasons it is important to trial new varieties along with old standards to evaluate performance. The Christian County Master Gardeners participated in a state-wide evaluation organized by Dr. Rebecca Schnelle, Assistant Extension Professor for Greenhouse and Floriculture Crops. Twenty-five annual cultivars were trialed in Christian County. Planting, maintenance, and evaluation were organized by a team of ten Master Gardeners. These volunteers contributed 54 hours to the project (an estimated value of \$1,126) to Christian County Extension and the state.

High Tunnels May Increase Yields

A high tunnel structure was assembled in Fairview, Kentucky, with the assistance of Dr. Tim Coolong, Department of Horticulture, and KSU Small Farm Assistant, Harold Eli. A block of

tomatoes were planted inside the tunnel and replicated outside the tunnel and evaluated for earliness, quality and yield. Tomatoes grown inside the high tunnel produced more than twice the pounds of marketable fruit compared to those grown outside the tunnel. Plants inside the high tunnel also exhibited a lack of foliar diseases. These findings suggest high tunnels



could be a useful tool for organic farmers to employ to reduce disease pressure. High tunnels can also help extend the growing season thus increasing profits for both organic and traditional growers. Because of the low cost associated with building a high tunnel, it is also an affordable option for many growers. A field day was held that focused on high tunnel production with more than 50 growers attending. A survey was also conducted with growers to determine their usage patterns for high tunnels and the impact of the demonstration. Preliminary results of the survey indicate a high interest rate among current and prospective future high tunnel producers.

AGRICULTURE & NATURAL RESOURCES

The New Dead Livestock Removal Program

In response to the local need for dead stock removal, the Christian County Extension Office worked closely with local beef producers, Fiscal Court, and interested



businessmen to enact a new program which will allow producers a means of removing dead livestock

from their property in a manner which is environmentally sound and conforms to state and federal laws.

The efforts of the Extension Service included facilitating meetings between industry and government officials, working with the fiscal court's budget committee to secure funding for the cost share portion, promotion of the program to producers, and managing the program for the fiscal court.

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. Below you will find samples 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 locations, Guthrie and Hopkinsville. During the recent production season, producers who participated in this program have realized an average increase of \$64.82 per head over those who have marketed their calves through traditional sales methods.

Another program which has had a great impact on the local agricultural economy is 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, the program has awarded local producers a total of \$268,000 dollars and since its inception over \$2.6 million dollars.

Christian County Cooperative Extension Service

For more information, contact us at:
2850 Pembroke Road, Hopkinsville, KY 42240

Phone: (270) 886-6328 Fax: (270) 886-6320

Email: DL_CES_CHRISTIAN@EMAIL.UKY.EDU

County Extension Agents

Kelly Jackson, Horticulture
TC Loughery, 4-H Youth Development
Marsha Parker, Family & Consumer Sciences
Jay Stone, Agriculture & Natural Resources

County Extension Assistants

Harold Eli, KSU, Small Farm
Tammy Jordan, 4-H Military
Brittany Normile, 4-H Christian Co.
Norma Taylor, EFNEP

County Extension Staff

Carol Barnett, Support Staff
Patti Guess, Support Staff
Stephanie Parker, Bookkeeper
Danny Steddum, Maintenance

www.christiancountyextension.com