

# EXTENSION Today



## IN FRANKLIN COUNTY

*In Franklin 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 Franklin County Cooperative Extension Office is your connection to the University of Kentucky 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.*

### ***Agriculture & Natural Resources*** ***Keenan Bishop***

Franklin County is no longer an agrarian county but still relies on agriculture as a livelihood, as a lifestyle and for recreation. The latest census shows that agriculture generates 14 million dollars for our local economy. Crops contribute 10 million (increasing), and livestock four million (decreasing). The farm population of around 625 farms continues to decline as farms grow slightly bigger. The farm population is unique in that 63% work off the farm and 44% are part-time farmers who spend 200 days or more in off-farm employment. The average farmer is a 58-year-old white male farming 122 acres with farm revenue of \$22,000. Only about 16% are female. Cropland is the predominant feature covering over 71.7% of farms and includes hay and pasture. Woodlands represent almost a quarter.

We are ranked 17<sup>th</sup> in the state for "Horses, ponies, mules, burros, and donkeys", 19<sup>th</sup> for "Christmas Trees and Woody Crops", 24<sup>th</sup> in "Nursery & Greenhouses", 25<sup>th</sup> in "Vegetables", 41<sup>st</sup> for "Cattle and calves" and 46<sup>th</sup> for "Sheep and Goats". Tobacco continues to

decline with the county ranked 50<sup>th</sup> in the state.

Improvements are made to the local farm infrastructure with the assistance of programs such as NRCS State Cost share, EQIP, WHIP and CAIP. These have allowed farmers and landowners to make short and long term improvements such as diversification into vegetables, horses, goats, sheep and bees; cattle handling, feeding, water systems and breeding stock; soil fertility; fencing; and pasture species and woodlands, to name a few.

Agricultural programs available in Franklin County include soil testing, hay sampling, ration balancing, enterprise budgets, plant & insect identification, forage nitrate and prussic acid levels, Winter Schools, Farm-City Banquet & Field Day, Cattlemen's Educational Tour, Master and Advanced Master Cattlemen Programs, Master Grazer Program, Master Stocker Program, KYFarmStart, Farm Transitions, Agricultural Development Council (CAIP), Horse College, Beef Quality Assurance Training, CPH-45 sales, MAG-60 Program, Pesticide Training, equipment & tool rental, and many topical and timely demonstrations (on-farm) and classroom trainings. The trainings and information provide up-to-date, vetted information to citizens, both rural and urban.



The Beef Show Committee poses for a photograph before the show.

### **Reaching Out to Franklin County**



<i>Educational Programs</i>	
Programs presented	876
Total participants	22,446
<i>Educational Contacts</i>	
Clientele visits	8,706
Telephone consultations	7,515
Newsletters distributed	21,000
<i>Volunteer Development</i>	
Volunteers	517
Volunteer hours	59,080
Clientele reached by volunteers	19,175



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.



UK Specialist Chad Lee (r) assisted by his graduate assistant speaks to participants in the Farm-City Field Day event held each year. At this stop, a presentation on uses of Kentucky corn was discussed.

***Horticulture  
Kim Cowherd***

The Franklin County Horticulture program provides research based information to homeowners, commercial landscape professionals, small farm producers, and kids and youth to be better consumers and stewards of the plant world and our environment. Plants are an important part of everyone's life and sound, research-based knowledge, helps us use and conserve these resources wisely.

**Horticulture Programs**

Horticulture programming and publications cover a multitude of topics and address all members of the community. Some of these 2011 programs included: Landscape Design - a how-to for homeowners; Turf Care - all about lawns in every season; the Horticulture Hotline - a monthly newsletter packed with horticultural topics; Eating Local - why eating Ky Proud is important; Civic Club speaking engagements- presentations on everything from Extension to Spring Gardening to What is Cooperative Extension. The Franklin County Extension Horticulture program participated in the annual Kentucky Herb Festival, Frankfort City ReForest Frankfort/Arbor Day Celebration, the Kentucky Federated Garden Club Garden School recertification, and Commonwealth Credit Union's annual 50+ Festival.



Local students participated in an entomology workshop hosted by the Capital Area Extension Master Gardeners. Here they are shown with their collection jars inspecting the insects they collected.

**Farmers Market**

Franklin County Extension supports and advises the Franklin County Farmers Market, which is a Ky Proud certified market. The Market Association had 27 members this season with 10 participating in the Farmers Market Nutrition program that supplies coupons to WIC and Senior recipients for pur-

chase of fresh, local produce. The Market provides access to a card system so that EBT (Food Stamp) members can have access to fresh fruits and vegetables. Also debit card customers can shop conveniently at the Market with this system. The Franklin County Market offers a weekly e-newsletter to consumers with product and special event information. Their Facebook page has over 1700 fans and provides up-to-the-minute information on products available, recipes, and other Market information.

**Kentucky Extension Master Gardener Program**

Franklin County Master Gardeners and Capital Area Extension Master Gardener Association are very active and returned over 2000 hours to Extension this year! This volunteer program extends the opportunity for more Franklin Countians to have access to UK Horticultural information. These Master Gardeners answered homeowner questions regarding vegetable gardening, home landscaping, tree and shrub care, insect pests, and perennial gardening. They planned and carried out educational trips and educational sessions about grounds management, fruit tree grafting, insects and much more. Master Gardeners supported Extension programs such as Farm City Field Day, sponsored the Franklin County Fair Fruit and Vegetable contest, and assisted with design and education-based landscaping projects at the VFW, Food Pantry, Women's Shelter, and a senior living home.



Members of the Capital Area Extension Master Gardeners assist with judging at the Franklin County Fair Horticulture Division.

***Family and Consumer Sciences  
Tamera Thomas***

**Enriching Life as We Age**

Due to an increase in the number of Baby Boomers, health and overall well-being continue to be of great importance. Health care costs, which continue to rise, certainly have an effect on this group of men and women. One of the ways to address healthcare costs is to focus on preventative measures by educating individuals and encouraging them to take better care of their health. The Extension Office offered "Enriching Life as We Age" to approximately 150 homemakers throughout the Fort Harrod Area. The message is to embrace the positive aspects of aging and adopt a healthy attitude though living life to the fullest. They were also encourage to use every opportunity to improve their total wellbeing, e.g., socially, financially and emotionally.

**Nurturing Fathers**

Research shows that the number of incarcerated parents and their rate of recidivism is continuing to grow. When this occurs, an in-

mate's children are affected emotionally and financially because they have lost a mother or father. In addition, children face the social stigma associated with their parent's absence. A majority of children with incarcerated parents are under the age



Members of the Franklin County Homemakers posed together with Dr. Ann Vail, Director, School of Human Environmental Sciences; and Assistant Director, Family Consumer Sciences Extension, at the Kentucky History Center as they hosted the 2011 Fort Harrod Area Annual Meeting.

of 10, and about 43% of those fathers lived with their children prior to their incarceration (Maiorano, Futris 2005). The Franklin County Cooperative Extension Service partnered with the Franklin County Career Development Center to offer parenting classes focusing on helping incarcerated fathers maintain and improve relationships with their children by learning nurturing characteristics. During the 2010-11 year, three 13-week sessions of Nurturing Fathers program were taught to a total of 30 incarcerated fathers. Upon completing the 13-week courses, fathers had gained an understanding of how negative parenting behaviors affect children's overall well-being. They shared insights about exhibiting negative parenting behaviors toward their own children based on their personal childhood experiences i.e. yelling, neglect, hitting, alcoholism, etc. With this in mind, fathers were able to realize how their own actions were self-centered and harmful to their families. The fathers often shared how they were using the skills during family visits and whenever they had an opportunity to interact with their children. They also learned how important a father's role is to their children's social, physical, emotional and psychological development. The program was the 2011 UK College of Agriculture Diversity Award Winner.

### Planning for Long Term Care

People are living longer due to improvements in health care services and medications. The Franklin County Cooperative Extension Service partnered with Farmers Bank to offer a workshop on long-term healthcare planning. The vision of the program was to help individuals make financially wise decisions in their own interest or in that of an aging parent. Information was shared concerning long-term care and it's relationship to women, special strategies for business owners and how to protect tangible assets when faced with long-term care needs. Local financial planning and insurance experts taught 25 participants the risks and options available as it related to long-term care. All participants expressed an increased awareness and understanding about the complexities of making long-term care decisions.

### A Woman's Heart is a Work of Art

Heart disease is the number one killer of women in the United States and a leading cause of disability among women. With this in mind, the Extension Service presented the educational luncheon

program, "A Woman's Heart is a Work of Art." The program was attended by over 35 women from the community. Kathy Dively, Director of Primary Care Express & Associates in Cardiology was the guest speaker. Ms. Dively emphasized the importance of women taking the necessary steps to prevent heart disease by adopting healthier lifestyles. The participants expressed their appreciation for the program and enjoyed the opportunity to ask questions. A few mentioned that they were going to consult with Ms. Dively in the near future. A letter was received from an attendee expressing how much she learned during the program focusing on women's health.

### Taking Control of Your Diabetes

More and more Americans are diagnosed with diabetes or pre-diabetes each year. It is estimated that numbers will increase among young people due to our obesity epidemic. Taking Control of Your Diabetes is a 13 week diabetes education curriculum that teaches the importance of diabetes management. Franklin County Extension offered this program and eight people participated in the program. The FCS Agent partnered with a dietician from the health department and local physicians to address the group on the risk of diabetes complications according to their area of expertise. Initially, of the eight, only two were checking blood sugars as recommended. Some were not taking blood sugar readings at all. Most of them were still struggling with accepting their diagnosis. At the start of the program none of the participants knew their A1c or managed meals regularly. During the program participants learned how to monitor blood sugars regularly, basic meal planning, carbohydrate counting and making better food choices. In addition, the group has requested continue meeting monthly as a support group.

### "Breaking Free from Financial Bondage"

A recent CNN special presentation entitled "Almighty Debt" part of the "Black In America" series focused on the financial challenges faced by many African American families which include finding money to pay for a college education; avoiding home foreclosures; unemployment and rising credit card debt. According to the U.S. Congress Joint Economic Committee Report (May 21, 2009) the average total debt for this population rose by 77% between 2001 and 2007. Some of the indebtedness is attributed to the subprime lending industry. In addition, credit card debt increased by 29% during the same period. The Family and Consumer Sciences Agent was invited by First Baptist Church Senior Ministry to conduct a financial literacy workshop. Their chosen theme for the workshop was "Breaking Free from Financial Bondage." Eighteen adults were in attendance. Using the FDIC Money Smart Curriculum, the agent covered the following topics: How to Develop a Spending plan and discussed several strategies for paying off debts. Attendees were given opportunities to ask questions and engage in interactive activities. Evaluations were positive and more workshops are planned to make financial literacy education available to youth.



Members of the Franklin County Homemakers Association work with children at their annual Holiday Store. The event offers children ages 4-12 an opportunity to shop for family and friends.

## **4-H and Youth Development** **Whitney McKoy and Mike Meyer**



4-Her's in school enrichment programs work on dissecting owl pellets to learn about adaptations, habitats, and diets.

### **Elementary School Clubs and Enrichment Groups Complete in Franklin County**

One staple of the Franklin County 4-H tradition, is the involvement within the 4<sup>th</sup> and 5<sup>th</sup> grade classrooms throughout the county. Though times have changed, the importance of spreading the possibilities available in 4-H and educational opportunities to youth within Franklin County has remained. 4-H programming offers six meetings within each 4<sup>th</sup> and 5<sup>th</sup> grade classroom throughout the school year addressing topics that include: speeches and demonstrations, natural resources, animal science, health, decision making, and 4-H recruitment. Students have the opportunity to participate in hands-

on activities that are designed to enhance the school curriculum that is already in place. Whitney McKoy, who joined the Franklin County Cooperative Extension team in 2011, has strived to provide elementary school programming in all schools within the county. At the end of the 2011-2012 school year, this goal will be complete. In addition to programming within the public schools, efforts were made this past year to collaborate with the King Center, Capital Day School, Frankfort Christian Academy, Camp Pleasant Church, and Good Shepherd School. The connections that 4-H has made with the elementary schools within Franklin County have led to increased participation in other events, such as summer and environmental camping, project days, and county fair events. Annually, our elementary school enrichment programming reaches over 600 youth within Franklin County.

### **Focus on Leadership: Tween and Teen Programming**

As youth transition through their 4-H careers from elementary to middle and middle to high school, the Franklin County 4-H program strives to provide opportunities for leadership, civic engagement, and communication skills that will prepare our youth to further their education and become better citizens. This past year, Franklin County 4-H members represented themselves and the county extremely well, both within Franklin County and throughout Kentucky. The focus on the state level has been to increase the participation of middle and high school students. This past year, three youth attended the District 4 Teen Retreat, 8 to Teen Summit, 10 to Tour across the Bluegrass, 9 to KY 4-H State Teen Conference, and 1 to the Southern Regional Teen Leadership Conference. Franklin County 4-H was also proud to have Ryan Halligan nominated as a 2010 State 4-H Presidential Candidate. Civic Engagement was also a focus for 2010-2011. The Bondurant Middle School 4-H Club organized an event to present nursing home residents with a flower during the Valentine's Holiday. Youth involved were in charge of contacting florists for donations, receiving gifts, preparing the flowers and labels, and delivering the flowers in person to the residents. Franklin County 4-H is proud of the accomplishments and involvement of middle and high school stu-

### **The Franklin County Cooperative Extension Service**

*We deliver information, education, solutions.*

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Look for us on  Franklin County Cooperative Extension

dents in Franklin County, and look forward to expanding possibilities in the future!

### **Franklin County 4-H Focuses on Broad Programming Possibilities in 2011**

This past year, the Franklin County 4-H Program has shown great strides in expanding efforts and youth involvement over multiple program areas. Over 180 youth participated in overnight environmental or summer camp this past year. Emphasis will focus on increasing those numbers throughout the upcoming season. As in the past, Franklin County has been well represented at the Kentucky State Fair. Over 70 youth entries were exhibited for display, eight youth participated in the country ham project, and 10 exhibited livestock throughout the summer. The continuation of the land-judging program has proven successful as our own Katelyn Taylor placed 2<sup>nd</sup> in the Junior Division at the KY 4-H Land Judging Competition.

The 2<sup>nd</sup> Annual 4-H/FFA Youth Livestock Investment Auction was held this past fall, which included participation by 11 youth in Franklin County. Those involved are responsible for showing their animal at numerous events, attending livestock education and sale meetings, assisting with securing animal sponsors, as well as recognizing those supporters at the conclusion of the sale. The auction provides youth the opportunity to sell one animal each year. With the gracious support of sponsors within the county, youth have been able to sell their animals well above market price. These funds go toward helping cover costs of raising the animal and towards the purchase of a project for the next year.



Franklin County youth take a moment from their busy day at 4-H Camp to pose for a photo. Franklin County sends a large group of youth to North Central 4-H Camp in Carlisle, KY each year.