

EXTENSION Today

IN FULTON COUNTY

In Fulton 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 Fulton 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.

Reaching Out to Fulton County



Educational Programs

Programs presented	312
Total participants	7283

Educational Contacts

Clientele visits	1216
Telephone consultations	1943
Newsletters distributed	6549

Volunteer Development

Volunteers	123
Volunteer hours	4486
Clientele reached by volunteers	6457



ABC Fall Festival offers activities to practice large and small motor skills

Strengthening Families: Early Childhood

2009 Kentucky "Kids County" data ranks Kentucky 41st nationally in overall well-being of children. Four River Counties Community Early Childhood Council is of vital importance to the rural area of Far Western KY by serving Ballard, Carlisle, Fulton and Hickman Counties. Extension FCS Agent serves as the council chairman and lead grant writer for this endeavor. The council was awarded \$ 26,500 in 2010-2011 KIDS NOW grant funding cycle to advocate for the young child and their families by improving quality childcare, increasing parent knowledge, improving school readiness, and collaboration to meet the needs of the families. ABC Fall Festival helps to get resource information and assessments to families through a fun family event. ABC Fall Festival reached over 129 individuals and 53 families and 52 volunteers with educational materials and developmental screening for children ages five and under. Every child received developmental screening and two children were referred to First Steps.

Parent Involvement Week 2011 brought literacy to life with a favorite storybook character who teaches how to eat healthy with our families. Parent Involvement week impacted over 500 families by providing books and literacy bags for each student in Head Start and Child Care Centers. Child Care centers received ten stipends for First Aid and CPR

Training. Child Care Centers in each county were also awarded mini-grants that amounted to over \$9,000 to increase quality age appropriate materials. Building Strong Families for School Success Child Care Training was received by twenty participants with six centers represented. 100% of Child Care Providers when surveyed stated that the Community Early Childhood Council was a necessary resource for creating an environment of quality care for young children in the Four River Counties.



Students learn by doing at the Star Chef Academy

Cooking Up Life Skills

Fulton County Extension FCS and 4-H Youth Development Programs collaborated during the 11-12 program year in many new ways to positively impact stakeholders. A continued partnership was strengthened with the Fulton County School District through serving as the co applicant for the 21st Century Community Learning Grant Program (Fulton County SAIL). This collaboration effort allowed Fulton County Extension to reach more youth and extend life skills programming including nutrition education. Programming efforts included Star Chef Academy and Outdoor Cooking School.

Youth developed many skills and gained other tangible benefits by taking part in the Star Chef Academy. Sixteen youth from 4th through 9th grades participated in a three day cooking school. Star Chef Participants learned proper hand washing, food and kitchen safety, and accurate measuring skills. Participants enjoyed cooking with various ingredients while learning many different cooking skills. The students were also encouraged to use substitutions in their recipes to compare them with the original recipes. The class offered students hands on

experience in the kitchen including cleaning and cooking using various kitchen utensils and appliances. Star Chef Evaluations indicated: 100% said they would wash hands more often, 95% gained understanding of the importance of properly following a recipe and recalling at least five parts of a recipe, 100% of participants gained basic kitchen and food safety skills, 100% of participants gained information and hands on experience with cooking.

The Outdoor Cooking School was taught to four youth as part of Fulton County High School SAIL Afterschool Program. Students were taught different methods of cooking outdoors and food safety issues related to those methods. 16 of the students had never cooked outdoors with their parents and guardians so it was a new experience for many. All students (100%) claimed that they liked the food prepared and discovered that they liked the food cooked over a grill and hot coals rather than in a skillet or pan at home. 100% learned the importance of preparing foods safely outdoors.



Kindergarteners love the Eat Smart, Play Hard Cheer

Leap for Health

LEAP Nutrition, Physical activity, and Literacy education are increasing needs in every community in Kentucky. Kentucky is the least physically active state in the nation. On any given day, less than 15% of school children eat the recommended servings of fruit; less than 20% eat the recommended servings of vegetables. 37% of American fourth graders read below the “Basic” level on the National Assessment of Educational Progress (NAEP) reading test.

Reading to preschoolers is the most important thing families can do to prepare them for reading. Forty million adults in the United States can’t read well

enough to read a simple story to a child. Putting together story books, nutrition, and adding a dose of movement led us to use the LEAP, Literacy, Eating and Activity for Primary for Health as an ongoing initiative in Fulton County. Participants of the program have completed at least 8 sessions of the curriculum.

The program is currently being taught to 36 Kindergarteners in Fulton Independent District, and 1 child care center with 38 participants. Classroom teachers continue to be highly impressed with the curriculum and children's reactions. Post Lesson observations concluded that 60 students tasted a new fruit or vegetable during the program; 74 students would try the fruit or vegetable again at home; and 74 students left the sessions knowing at least one good health habit and benefit of exercise and fruit/vegetable consumption.



Palmer Amaranth Plant

Weed Management

Two years ago, Palmer Amaranth (pigweed) was confirmed to be resistant to glyphosate in Fulton County, the first known location in Kentucky. Once information was gathered, a herbicide trial was conducted followed by an educational meeting. Farmers learned that one Palmer plant per foot of row, on average, reduced soybean yield by 17%. They learned that applying a soil residual herbicide is the best way to control the weed, as well as timing their post emergent application correctly. Upon surveying, 100% indicated they now understand how to combat this weed. 86% are now using the recommended steps to control this weed, possibly saving \$93/Acre.



Precision Ag 2011

Precision Ag 2011

Over the last 10 years, precision agriculture has grown from a novelty to a must-have for today's farmers. Systems based upon GPS, like autosteering, have become much more prevalent. With all the information floating out there, a need arose to help farmers understand how each system can best be used. A conference was held and taught by UK Extension specialists along with an area specialist from USDA. Many topics were covered including Autosteer, Section Control, and how to use the Web Soil Survey. Upon surveying, 100% gained knowledge in how to use these technologies more, while 96% indicated they planned to implement something they learned that day.



*Contemplating the choices at
The Price of Life Reality Store*

The Price of Life

The reality store exercise introduces youth to the "realities" associated with adulthood. The theme "The Price of Life" was used in hopes that students would understand there is a price for every decision made in life. Approximately 200 – 6th, 8th and 10th graders from Fulton County Schools and Fulton Independent Schools attended the reality store. Numerous

businesses and community volunteers participated because they know the value of the reality store lesson.

The students visited booths such as Uncle Sam - to pay taxes, the bank – to set up checking and savings accounts, housing, transportation, insurance, child care, and many, many others. After visiting all the booths, they began to realize the responsibilities of adulthood.

Students have always valued this experience. Students gained a sense of awareness of life after high school and realized quickly the choices made today will affect their future. On the reality store survey, 85% of students said they learned a lot about what it costs to raise a child, while 89% said they learned a lot about what it costs to maintain a household.



Learning about fitness while playing Fitness Skillastics

Activity + Nutrition = Good Health

What is the first thing that comes to mind when you think of a health fair? Awareness? Education? What about inventive ways to move your body? All the answers are correct! Educating children to make them aware that eating right and being active is an equation for success.

In today's society of being a fast food nation, high childhood obesity rates and a less active population, it is more important than ever to educate our children. School health fairs give students a chance to get hands on information while also getting them actively involved. The Fulton County Extension Office participates in these health fairs to spread knowledge of the MyPyramid, MyPlate, and fun and unique ways of being physically active.

They are asked, is dancing a physical activity? Is riding a bike? Is jump roping? And the list goes on and on. The message is that a person does not have to go to a gym to lift weights or do crunches and push-ups to be physically active. All they have to do is get up and move their body. The different activities played at the health fair had them laughing and having fun while exerting energy. The children were excited to learn that they can get exercise even while playing their favorite games! 100% of participants learned that exercise doesn't have to be difficult or boring and said that they plan to get up and move more often.

EFNEP

The Fulton County EFNEP (Expanded Foods and Nutrition Education Program) paraprofessional taught 70 limited resource families how to serve more nutritious meals, keep foods safe, and utilize local food resources effectively. 100% of the families made positive changes in the quality of their diets. 58% made improvements in meal planning and shopping skills. 38% made improvements in choosing healthier foods, healthier preparation methods and learning the importance of the breakfast meal because "Breakfast Makes a Difference." 400 students were taught the food groups and why our bodies need these foods. They all learned how healthy eating habits promote healthier lifestyles.

The Fulton County Cooperative Extension Service

*We deliver information,
education, solutions.*

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