

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.

Nutrition Focus for Fulton County Seniors

Approximately 18 percent of Fulton County's residents are over the age of 62. As people age, they face many obstacles that interfere with receiving proper nutrition. Digestion problems, mental health issues, dulling of the senses and tooth loss can all lead to improper nourishment.

To help combat these issues, the Family and Consumer Sciences agent conducted monthly nutrition lessons at the two local Senior Citizen's centers. The focus of the lessons was on lowering the intake of salt, sugar, unhealthy fats. Healthy seasoning choices, understanding food labels, and spending food dollars wisely were also topics that were taught at these sessions.



Fulton Senior Citizen Center

100% of the senior participants reported that they have gained valuable nutrition knowledge, and as a result they have made some sort of change in their lives to improve the quality of nutrition they receive. 97% said that they enjoyed the learning sessions and will continue to participate in future lessons which are taught at the senior centers.

4-H Com-mu-ni-ca-tion...



County Communications Day

Fulton County's 4-H Communications Contest began with one principal (Carr Elementary) making participation mandatory for all eighty-three 4th, 5th, and 6th graders, as well as some of the high school students. Fulton County Schools also had students

that chose to participate which helped make this event a great success.

Students worked on their speeches at school and at home then gave their speech in the classroom. Those that wanted to participate in the school wide event then competed against those in their age category and topic category. Community members served as judges and forty students each presented their speech or demonstration on February 25th.

From the school winners, the County Event took place at Carr Elementary on March 13th. Twenty students competed and had Speech topics such as *Sign It to Foster Care* and Demonstration topics such as *Dirt Cake to Recycled Bird Feeder*. Of the twenty, thirteen students had high enough scores to move on to the area competition.

From the area competition, one moved on to the state competition in Lexington and there were seven alternates.



State 2nd place 9 year old Speech Winner

Fulton County Biggest Blue Loser

According to the United States Centers for Disease Control, Kentucky is ranked the 7th highest state in the nation for adult obesity. Fulton County alone has an obesity rate of almost 30%.

To help reduce the number of obese adults, the Fulton County Cooperative Extension Service sponsored a ten week weight loss program called “Biggest Blue Loser.” Twenty one teams and eighty seven individuals participated in the program.



“The More You Know” Nutrition Lesson

During the learning sessions, participants were taught the importance of physical activity, portion control, and label reading in order to lose weight and live healthier.

At the conclusion of the program, a total of 668 pounds was lost with the biggest loser shedding a total of 62.7 pounds.

Agriculture in Fulton County



Soybean Variety Trial 2010

As the one of the major areas of grain crop production in the state of Kentucky, the four river counties that border the Mississippi River in far western Kentucky, came together to host the River County’s Grain Crops Academy in the spring of 2010. The Grain Crops Academies are 4 day intensive trainings on all the latest information for grain crop producers. Extension Specialists from all the areas associated with grain crops, such as soils, entomology, plant pathology, plant physiology, etc. gave 1 to 4 hour presentations with the goal of teaching farmers all the latest

information needed to maximize economic crop production. The Grain Crops Academies are the culmination of several years of planning by agents, specialist and associates in the grain crop areas.

Twenty four producers from the river counties of Ballard, Carlisle, Hickman and Fulton graduated from the program on February 18, 2010. The average participant farmed 2500 acres with 1000 acres of corn, 1100 acres of soybeans and 300 acres of wheat. Ending surveys revealed that 87% of producers felt the program would help their individual operation and 93% said they would recommend the program to a friend. Over 50% of the producers felt that the program would result in a value to their operation of over \$5/acre/year or over \$300,000 per year.

At one of the Fulton CATS meetings in January 2010, farmers learned that reducing their seeding rates for soybean will cause their yields to stay the same, while, ultimately, increasing Net Farm Income. Most farmers in this county usually have a final stand of 140,000 plants per acre, but UK recommends a final stand of 100,000. By using UK's recommendations, the farmer could save up to \$12.50 per acre. Upon a survey of those in attendance, 93% indicated they understood this fact. Most importantly, 93% indicated they have reduced their seeding rate to match up with UK's recommendations, thus over thousands of acres in Fulton County, the savings quickly add up.

Research trials have been conducted on both corn and soybeans, as well as, testing the effectiveness of herbicides on controlling Palmer Amaranth in soybean fields. A trial was conducted, comparing 20 versus 30 inch row widths in corn. Numerically, the narrow rows were better, but statistical analysis shows no difference, which should answer many questions that today's farmers now have.

High School students were taught about how agriculture uses GPS technology. They learned how to navigate to points using a handheld GPS unit and how to measure the size of an area. Also, the students got to see how farmers use GPS systems on their tractors.



GPS Use in Farming

A local farmer showed them how an auto-steering system works as it guided them around and some students were able to see how GPS can turn individual planter row units on and off while running through the field.

21st Century

Fulton County Board of Education received a grant to implement the 21st Century Community Learning Center (CCLC), a five year after school enrichment program for high school students. The Fulton County Cooperative Extension Service is a co-partner on the grant and has helped embrace the challenge of educating students in English, Math, and Science.

In June, Juniors and Seniors attended a two week summer day camp full of enrichment programs and physical activity. On the first day, the kids got up and moving with team building exercises and Minute to Win It Games. The participants really enjoyed these games and wanted to continue to play them during their spare time the rest of the two weeks.



Minute to Win It

Other enrichment programs included *Cooking and Nutrition* and *GPS and GIS Technology*. The students also learned about aerospace and participants built bottle rockets from two liter soda bottles and launched their creations. They also enjoyed the competition of archery and this was the first time many of the participants had shot a bow and arrow and were able to succeed at the challenges faced.

They wrapped up the two week camp with swimming, a cookout and a visit from Air Evac. Students had the opportunity to sit in the Evac air ambulance and look around. The whole two week experience was a huge success. Many of the students that participated would not have received this experience any other way. All of the students said they had fun and planned to participate in the afterschool program in the fall.

Educating through EFNEP

The Fulton County EFNEP (Expanded Foods and Nutrition Education Program) paraprofessional taught 31 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. 60% made improvements in meal planning and shopping skills. 30% made improvements in choosing healthier foods, healthier preparation methods and learning the importance of the breakfast meal because “Breakfast Makes a Difference.” 165 students were taught the food groups and why our bodies need these foods. They all learned how healthy eating habits promote healthier lifestyles.



Reaching Out to Fulton County

<i>Educational Programs</i>	
Programs presented	50
Total participants	4120
<i>Educational Contacts</i>	
Clientele visits	1843
Telephone consultations	1889
Newsletters distributed	7362
<i>Volunteer Development</i>	
Volunteers	120
Volunteer hours	4161
Clientele reached by volunteers	7344

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