

EXTENSION Today

IN GALLATIN COUNTY

In Gallatin 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 Gallatin 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.

Providing science-based health and wellness information to help individuals and families make informed decisions has been a trademark of Cooperative Extension Service in Gallatin County. Programs on five core areas have been a priority: dietary quality, food safety, physical activity, drug and alcohol prevention, and cancer prevention.

A big community effort that the Cooperative Extension Service takes the lead in organizing educates families about health care opportunities, early detection, screening and prevention. Extension along with the Health Department, Gallatin County Tobacco Prevention Coalition, Family Resource Center, Youth Service Center, public schools, health care professionals, Homemakers and civic groups, conducted the 4th annual Community



Health and Safety Fair. Over 100 individuals participated in the health fair and more than 50 people had blood work done at a value of \$1785. According to written surveys: 80% learned about the importance of wearing sunscreen to prevent skin cancer and 72% of adults reported that they intended to talk with their children or grandchildren about alcohol and drug abuse.

Darlene Brown, the Expanded Food and Nutrition



Education Program (EFNEP) paraprofessional in Gallatin County, teaches limited resource homemakers skills to improve the nutritional quality of

meals, how to safely prepare meals and to maximize food related resources to better feed their families. 100% of the EFNEP graduate families in 2007 showed a positive change in their food intake as a result of learning and developing skills and behaviors

taught through EFNEP. Of particular concern are teen mothers giving birth to low birth weight babies, which puts a strain and added costs on the healthcare system. All 8 of the teen moms that Darlene taught this year delivered healthy, normal weight babies.

A two day elementary health fair and one day middle school health fair for grades K-5 and 6-8 was



organized by the Gallatin County Extension Service promoting healthy living. According to the JIFF (Jump Into Foods and Fitness) pre and post test scores: there was a 15% increase in intention to wash hands before eating;

29% increase in intention to use a jump rope for stretching and exercise; and 20% intention to eat at least 5 fruits and vegetables daily.

According to a 2007 Health Department survey, the greatest increase in Gallatin County in current smoking rates is seen between sixth and seventh grades, with almost 1 in 4 students smoking by the time they reach eighth grade. With this in mind the Cooperative Extension Service partnered with the District Health Department and Youth Service Center to do a 6-part series with 240 middle school students about decision making skills including being responsible, illegal drug prevention and not using tobacco products.

When children get out of school for the summer, they think of having fun. That's what "Go Team, Let's Be Healthy Day Camp" was all about, learning while having fun in a structured environment. The Extension Service, Health



Department, and Family Resource Center hosted the 2 week event for 110 participants. Educational topics of personal hygiene, oral health and tobacco prevention, along with nutrition and physical activity segments were incorporated each day. This event is important because Day Camp is not only an educational opportunity but a safe environment where children can socialize and make new friends. Youth gained social skills, communication skills, and how to effectively work in teams.

With Gallatin County being the smallest county in the Commonwealth, bringing people and tourism dollars can be a challenge. Taking a look at our



county's rich history and tradition the "Clothesline of Barn Quilt Squares" was started in Gallatin County. This project entails hanging larger than life painted quilt squares on barns or other structures. With collaboration between the local Resource Conservation and Development Council, Library Board, Chamber of Commerce, and Homemaker leaders, 4 squares have been designed, painted and hung so far. Community and economic vitality builds strong communities. This innovative community project is leader driven and brings Gallatin County high quality marketing.

According to teachers, most students are weak in the economic part of CATS testing. Many new, hands-on financial based programs have been introduced in the classroom to reinforce academic lessons. Twenty-six students participated in a two week Mini-Society during the summer to gain a better understanding of economics and what it takes to be an entrepreneur.



Some children had no idea about profit and loss at the beginning of the program; they were buying supplies for \$25 and selling their products for \$1.00. But after their friends accumulated a lot of money; they got a better idea of the process.

Collaboration with the high school business teacher brought about several new financial programs including a stock market game and NEFE, a financial

planning curriculum that educates students on sound money management skills and the financial planning process. A new entrepreneur club was started this past school year which created four new businesses.



After only a few weeks, one business had a \$90.00 profit.

Reality Store is an annual event for 8th graders in Gallatin County. This hands-on, real-life simulation gives young people the opportunity to explore career opportunities and make lifestyle and budget choices similar to those adults face on a daily basis. 50% of the 8th graders learned about the need to budget money, while 51% said that they would definitely try harder in school and 66% would save more of their money.

Redifest is a collaborative program planned by the Family Resource Center/Youth Service Center and the County Cooperative Extension Service. The goal of this program is making sure school age children have the needed clothing and school supplies before the first day of school. Over 700 adults and children attended the Redifest. It was estimated that this event saved Gallatin County families a total of \$6,000 for the supplies they received. Over 35 volunteers helped make this event a success.

The 4-H animal science projects provide opportunities to develop responsibility, patience and



understanding by regularly caring for their animals. They learn the important breeds of animals, their characteristics, uses, and how to identify them; they also learn marketing and the economic importance of the livestock industry as well as how to keep and use records. Not only does the 4-H'ers have a better understanding of agriculture, but they develop skills in public speaking, develop reasoning skills, and team spirit through competition. This year a meats nutrition element was added to the curriculum. The 4-H members participated in the State Skillathon and state livestock judging contest where they placed in the top twenty-five. Many of these same 4-H'ers then went on to show their livestock and auction them in the county fair bringing in a total of \$16,000.



The Gallatin County Extension Service collaborated with several different agencies to provide many different activities/clubs afterschool and on school holidays. All of these clubs have a creative arts aspect to it. Afterschool clubs, which continue to grow each year, help provide new skills, including self esteem, a willingness to share with others and a healthy lifestyle that every child needs to be successful.

A four day sewing camp helped 10 boys and girls work on their sewing skills. There was a 42% knowledge gained from the pre/post test after a sewing skillathon. After being introduced to sewing, two campers decided to join the 4-H sewing club to continue their sewing skills. Several children from the sewing club are making blankets for the humane society.



Parent and volunteer involvement is on the rise in Gallatin County. The 4th and 5th grade leadership club worked on what constitutes a good leader and several community service projects for the nursing home residents. The culminating event was the 4-H Capital Experience after which several students traveled to Frankfort to meet their representatives and to see how the political system operates.



Community and economic development activities are vital to the fiscal wellbeing of local businesses and the people they employ; it also affects how residents view the “livability” of their community.

Because of this, the Gallatin County Cooperative Extension Service has maintained strong ties to the Gallatin County Chamber of Commerce, the Gallatin County Tourism Commission, and the Warsaw Renaissance Group. With the help of Extension, these groups have recently undertaken several worthwhile projects.

Gallatin County has joined forces with Carroll and Owen counties in order to better promote ourselves as a tourist destination. As such, a COG (Carroll, Owen, and Gallatin) Committee has been formed (and has met monthly) to explore ways that the three counties can work together to their mutual benefit. At the Kentucky State Fair, where COG had a presence at the Showcase of Counties exhibit. A COG brochure was developed by the committee and disseminated to over 7,000 people who visited the booth.

The rising costs of labor, fuel, insurance, machinery, seed, feed, fertilizer, and every other thing needed to run a farm business has made it increasingly difficult for farms to show a profit, however slim. Combine this with the fact that the commodity prices paid to farmers has not risen at the same rate as the aforementioned expenses, and it’s easy to see how important the dollars are that farmers receive from the Phase I Tobacco Settlement cost-share programs. Over one hundred fifty thousand dollars (\$150,000) of Phase I money was invested in



Gallatin County agriculture. It’s important to keep in mind that agriculture dollars turn over more than once a small community. The dollars invested cost-shared improved beef genetics, livestock handling facilities, improved forage systems, diversified agriculture enterprises, and structures for hay and grain storage.

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