

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.

COMMUNITY COLLABORATION LEADS TO ANNUAL EVENT

The idea for a Gallatin County Fall Pumpkin Festival began as a brainchild of the Gallatin County Extension Council (CEC) as way to promote family fun, fitness, and health, along with local agriculture. The CEC saw that there was a need of Fall activities during the Fall school break that might encourage family togetherness. The CEC further hoped that such a Fall event might also become an annual tradition.



At this year's event, which attracted over a thousand people, 25 non-profit groups were able to disseminate information and conduct fundraisers to further advance their missions.

It seems the CEC's hope of the Fall Pumpkin Festival becoming an annual tradition where farm and city families can come together to experience community fellowship in an educational setting has come true.

GET INFORMED – GET MOVING – GET HEALTHY GALLATIN COUNTY

We all know that nearly two-thirds of Kentuckians are overweight and that obesity leads to chronic health problems and creates financial burdens on individuals, families, employers, the health care industry, and state health care programs. Every step we can take to increase physical activity for ourselves, our children, and our communities is important.

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. 47 education sessions along with three 9-week Weight: The Reality series, one 4-part Small Steps to Health and Wealth series, two 6-week Families on the Move series, three 30-part Body Recall series, three 8-week Get Moving Kentucky series, and two 12-part Zumba Latin workout series have been offered this past year in an effort to educate and give Gallatin county citizens the opportunity to improve their quality of life. The new community meeting room at the Extension Office has provided the opportunity to offer some type of health related programming practically 5 days a week allowing the FCS Agent to make over 13,000 health related programming contacts in fiscal year 2010.

The 12 member Gallatin County Tobacco Alcohol Prevention Coalition is starting a social



marketing campaign utilizing a grant. An art contest was held among High School students and winning designs were turned into 3 billboards, 10,000 placemats distributed to local restaurants, 20 life size silhouettes, and 100 posters are on display throughout the county at various businesses and schools. Nicotine replacement therapy was also secured through this grant. 22 people enrolled in and 17 completed the Cooper Clayton Smoking Cessation series led by the Health Department.



NUTRITION PROGRAMMING MAKES A DIFFERENCE

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.



Of the 24 EFNEP graduate families, 100% showed a positive change in their food intake as a result of learning and developing skills and behaviors taught through EFNEP. Using Medical Economics figures for the cost of unhealthy eating habits and EFNEP reporting system results for Gallatin County, this equates to annual claims savings of \$9,175.68.

Behavior changes that brought about the increase in healthier eating habits included: several parents drinking more milk and water and less soda; parents making an effort to eat more fruits and vegetables; parents are also encouraging their children to drink more milk and eat more fruits and vegetables. 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 7 of the teen moms that Darlene taught this year delivered healthy, normal weight babies.

Surveys indicated that there was an interest in more information on cooking for a family. This inspired the Gallatin County FCS Agent to rework a lesson titled "Fun Family Mealtimes" and teach the lesson area wide in northern Kentucky to 52 people. When families share

meals together, children have diets that are higher in a host of nutrients.

“Fun Family Mealtimes” was also part of a healthy cooking series in Gallatin County which included “Home Is Where the Health Is”, “Crock Pot Cooking” and “Salts from the Earth”. As a direct result, 6 families have formed a “Cuisine Queens” cooking group at a local church. This group has held 3 batch cooking sessions thus far where one recipe is multiplied several times to provide a family with 4 ready-to-eat homemade freezer meals.



4-H'ers COMMUNICATING EFFECTIVELY

Positive youth development aims to access the strengths of an entire community to provide meaningful opportunities to all youth. The Kentucky 4-H Core Curriculum places emphasis on the most preeminent skill necessary to develop adequate leadership potential – the ability to communicate effectively.



The Communications Program in Gallatin County is becoming very popular with both teachers and parents. According to Job Outlook, communication skills are vital, no matter what field you are in. Additional research validates the importance of communication-related skills,

including working on teams, teaching others, serving customers, leading, negotiating, working with cultural diversity, interviewing, listening, conducting meetings, and resolving conflicts.

Every 4th and 5th grader has the opportunity to participate in the in-school club communication event with sixty-four youth participating in a speech or demonstration. Teachers embrace the communication event to help achieve KERA goals and have adopted speeches and demonstrations as part of their classroom curriculum.

Written communication is just as important as verbal or non-verbal communication. Over thirty students participated in the Kentucky Proud: Growing a Healthy Kentucky Essay Contest for the first time this year. “Kentucky Proud foods are part of a healthy lifestyle,” according to Kentucky Agriculture Commissioner Richie Farmer. “This contest will help educate



Kentucky school children about the advantages of Kentucky Proud.”

GALLATIN COUNTY 4-H'ers HAVE TALENT!

Music, another way to communicate, promotes positive change in moods. 4-H'ers sang, danced and played instruments through the 4-H Variety Show and Coca-Cola Classic Talent Show. Three different acts performed at the Kentucky State Fair to compete for scholarship money.

4-H LIVESTOCK PROGRAMS TEACH MORE THAN ANIMAL HUSBANDRY

The Cooperative Extension Service in Gallatin County has offered a 4-H Livestock club, led by certified livestock leaders, for the 4-H member

and family to gain not only information about their animal but skills that they will carry with them throughout their adult life.

Gallatin County almost did not have a livestock show this year because of the uncertainty of the county fairgrounds. But with the ingenuity of one 4-H family, the livestock program grew over 70%



by letting children come to their farm to take care of and learn about their animals.

According to several parents, the livestock program is definitely a great way to have family time.

To be able to participate in the county fair, each child

must complete a record book and poster for each animal they plan to show. If they plan to participate in the auction, they are required to contact at least three potential buyers for the livestock sale. More life skills including marketing and communications were developed through this process.

The sale total on 35 animals was \$7,226 over the market value of the animals generously donated by local businesses, politicians and farmers. According to the youth, most of the money is put in a savings account for college or to buy another animal. By participating in the livestock program, young people will continue to develop the basic life skills needed to be a successful citizen.



TOMATOES IN GALLATIN COUNTY

Farmers are continuing to look for opportunities to replace lost tobacco income. As various

opportunities present themselves, the Cooperative Extension Service is working with farmers to help them make the most of these potential prospects.

Two years ago, an entrepreneur who has a food processing business was looking to purchase processing-type tomatoes from farmers in Gallatin and surrounding counties. The Agricultural Extension Agents in the affected counties began an educational process to inform farmers of the potential opportunity, and to provide production and economic information to help them decide if this would work in their farming operation. This included public meetings, news articles and newsletters, and individual contacts. It also included working with the business owner and his management team to help outline farmer's questions and concerns, and develop a marketing contract to help protect the farmers. The agents worked with the UK Dept of Horticulture to develop some demonstration plots and provide some shared use equipment for the farmers to use this first year.

The agents also provided the coordination of the equipment use and transplant production. This effort has led to 15 farmers in 3 counties raising 7 acres of staked tomatoes, which includes 7 acres and 4 growers in Gallatin County, including 1 grower in a traditionally underserved area of the county.

The project provided an additional \$72,000 in net income for these 15 farmers. Nearly all the growers achieved better than breakeven cash flow, including the long-term cost of rebar for stakes. One grower nearly doubled the UK average per acre yield, resulting in nearly \$14,000 in net returns for his one acre plot.



Marketing problems led the food processor to not offer contracts to the growers the second year, but nearly all the first year growers planted at least the same acreage the second year, based

on the success they achieved the first year. One grower increased from 1 acre to 5 acres in the second year. All Gallatin County growers increased their staked tomato acreage with one new grower beginning with three quarters of an acre of staked tomatoes and a half acre of commercial watermelons.

FARMER'S MARKET IN GALLATIN COUNTY

Inflation is running at the fastest pace in 17 years, foreclosure filings are surging, and the job market is under further strain. Gallatin County's unemployment rate rose to double digits (10.4%) in January for the first time in decades, according to Kentucky's office of employment and training.

For Gallatin County citizens, these numbers are very bad news. It means that their purchasing power has been cut, and their wages aren't going very far. To respond to this issue, the Cooperative Extension Service partnered with the City of Warsaw and the Gallatin County Tourism Commission to sponsor a farm market in Warsaw.



The farm market, called Market on the Square, is held each Saturday on the courthouse square in Warsaw. So far, 15 Gallatin County

families of varied backgrounds have become vendors at the market. The market features fresh fruits and vegetables, home-baked, and home-crafted items. Written anonymous surveys indicate that the average weekly net income of the vendors is approximately 175 dollars per week. While not a breathtaking figure, in the current economic environment this is a welcome addition to the families monthly household incomes.

GALLATIN COUNTY EXTENSION ADDS ON!

Another big happening for the Extension Service in Gallatin County was the grand opening of our new meeting room. Nearly 90% of the materials and labor for the project was supplied locally; keeping Gallatin County tax dollars in Gallatin County. The new addition has been in almost constant use since the day it was completed.



County Extension Agents

David Hull	Agriculture & Natural Res.
Lora Stewart	4-H & Youth Development
Rosie Allen	Family & Consumer Sciences
Darlene Brown	EFNEP Assistant

Staff

Cindy Sullivan	Staff Assistant
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Gallatin County Cooperative Extension Service

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8:00 am - 12:00 Noon and 1:00-4:30 pm

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