

EXTENSION Today

IN GREEN COUNTY

In Green 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 Green 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.

Potlucks and Picnics

Food Safety has no doubt been in the news lately. To refresh the memories of our Lake Cumberland Area Extension Homemakers the Green County FCS agent traveled to the surrounding counties in our area to teach the Extension Homemaker lesson "Potlucks & Picnics". This lesson focused on the importance of food safety and sanitization procedures, particularly when serving for large groups, as well as, how microorganisms and bacterial growth is related to food safety. Information from the University of Kentucky and the USDA were distributed with the lesson to assure the Extension Homemakers received the latest researched based information on this important topic.

Over 650 Lake Cumberland Area Extension Homemakers learned how important it is to "Clean, Separate, Cook and Chill in order to protect others from getting a food borne illness. The lesson included proper internal temperatures of food, how to transport food safely, how bacteria grows, in food, the proper way to store foods, and food and bereavement.

Many Extension Homemakers commented how they forgot or didn't know the proper way to store and transport food in a safe manner. One lady said, "I really needed to hear this lesson. I don't think you can ever be too educated on food safety. I want to do whatever it takes to protect my family from getting sick."

Reaching Out to Green County



<i>Educational Programs</i>	
Programs presented	277
Total participants	12,764
<i>Educational Contacts</i>	
Clientele visits	382
Telephone consultations	3,492
Newsletters distributed	8,943
<i>Volunteer Development</i>	
Volunteers	363
Volunteer hours	7,908
Clientele reached by volunteers	25,686

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Drought of 2007

The drought of 2007 prompted an aggressive approach to farmer's needs on how to deal with feed losses. Educational materials on addressing winter feeding options for Green County producers were presented at various times through production meetings, timely news articles, and news letter information. Both forage testing and ration balancing were also used by many local producers with the aid of one on one consultations to help them survive the strenuous conditions.

In the months following the drought programs, follow up visits with feed dealers and producers indicated positive results from the educational offerings. Throughout the winter, producers continued to report that they were feeding less hay than ever before and that the body condition of their cows was equal to or greater than conditions of previous years. Producers reported that not only will they feed less hay in drought years, but less hay will be fed on a per head basis in normal years as well.

Livestock producers are now focusing on nutrition and not just hay alone. Whether it is a drought year or a normal year, Green County producers in attendance now have the knowledge and willingness to feed their cattle in a way that will minimize hay and maximize nutrition while still keeping input costs at a manageable level.

Home Safety for Head Start Students

Many people mistakenly think their preschool students are safe in their own home or on their own farm. From a study from the National Children's Center, we see that in 2001 there were an estimated 22,648 agricultural injuries to youth under the age of 20. Nearly two-thirds (16,851) of these injuries occurred to youth living on the farm. Thirty-two percent of the injuries occurred to children under 10 years of age. Two-thirds (63%) of injured children were not actively working when the injury occurred. Green County 4-H recognized the need to start educating our youth early about the hazards that are present in their homes and on the farms in our commu-

nity.

With the financial support of the Progressive Agriculture Foundation, Green County 4-H received funding to conduct two safety day events. The total



Head Start students observing the different "look a likes".

program reached over 400 students. This year's event included a special day targeted to the younger members of our community. The 4-H Teen Club conducted a safety day for participants of our local Head Start program which includes youth ages three to four years of age. The topics included identifying hidden hazards

around the home and farm, farm animal safety, sun safety and bicycle safety. The participants evaluated the program by circling unsafe pictures. Of the eighty-one participants, seventy were able to identify all unsafe elements of the evaluation. Each youth was presented a safety packet that was targeted to the parents in expanding on the topics that were taught during the day camp.

Universe of Possibilities

Research tells us that the spiritual dimension of life, in its broad sense, is vitally important to the human experience. A thread of diversity-sensitive spirituality has been woven throughout the Extension Universe of Possibilities program. The program focused on several skills that would enable one to be a calmer, happier, more energetic, more effective person in a time when our nation and world is troubled. This program also enhances creativity and productivity and it fosters healthy relationships while opening up new worlds of possibility, both individually and collectively.

Because of the hard times our nation and our world is facing the Green County Family and Consumer Sciences Extension Agent took a new approach to address this distressing issue. The Universe of Possibilities program was introduced to the participants at the Green County Adult Day Care to help enrich the lives of each of participant. The Universe of Possibilities program was taught once a month over the course of 6 month series. Several key issues were addressed including *Your Vision Map, Making*

area of life. Over 65 individual's participated in the program. After the 6 month program all the participants were polled and as a result of the program, 100% of the participants felt a great sense of self and felt like they were more open-minded about the world and others than before the program. Plans for another series of The Universe of Possibilities are now underway.

Dairy Short Course

Adair, Green, and Taylor County Cooperative Extension services are collaborating on the Center of Kentucky Dairy Production Short Course. The Center of Kentucky Dairy Short Course is designed annually by Dairy Task Forces from the respective counties. Producers participating in this year's program attended three sessions covering Financial Feeding Decisions, Herd Health, and Final Decision Making. A fourth session was held touring a large, efficient, modernized dairy in Southern Kentucky. According to evaluations, 100% rated the short course as excellent in all categories. As a result of the short course, producers reported that they evaluated and improved vaccination programs, provided better housing to cattle, changed feeding programs, and improved overall efficiency on their operation. As a result of these changes, producers say that have observed improvements in overall herd health and five to six pounds of increase in milk production. Other programs offered to dairy producers consist of timely news articles, ration balancing, forage testing, corn silage variety demonstration, of these changes, producers say they have observed improvements in overall herd health and five to six pounds of increase in milk production. Other programs offered to dairy producers consist of timely news articles, ration balancing, forage testing, and corn silage variety demonstrations.



Dairy facility located in Southern Kentucky

The Green County Cooperative Extension Service

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Career Exploration Begins with Project Days

For many working adults, their current job may have not even been considered when they were younger. There are innumerable types of jobs available for our youth as careers. Green County 4-H exposes youth to possible careers through project nights on a monthly basis. Career preparation and work-based learning experiences are critical to forming and developing aspirations and to make informed choices about careers. Most employers have the same needs: workers who are creative and responsible problem solvers and have skills and attitudes on which to build. Green County conducts monthly project days targeting different areas like nutrition, livestock, carpentry, forestry, clothing, etc. During these events, the youth learn a skill, complete a project and discover possible careers. Each youth leaves with additional self-study items to continue their career exploration. From follow-up surveys, ninety-two percent of the youth responded they have considered a new career path because of their participation in a 4-H project event. Seventy-three percent of the participants responded they had learned a new skill that may develop into a hobby if they chose not to pursue it as a career.