

EXTENSION Today



IN MUHLENBERG COUNTY

In Muhlenberg 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 Muhlenberg 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.

Empowering Leaders and Volunteers

The Muhlenberg County Phase I Board worked to provide leadership so that 37 agricultural producers could receive \$72,902 in Phase I Grant funds for various farm improvements, members of the Cattlemen's Association cooked lunch for 435 sixth grade students at Ag Day and two leaders presented programs during the beef tour hosted by the Extension Service.



Mark Pogue discusses the hay feeder on his farm during the Muhlenberg County Beef Tour.

At the Kentucky Extension Homemaker's state meeting in May 2011, our Homemakers were recognized for contributing over 7,770.5 hours in community service. This is valued at over \$165,977. Homemakers were also recognized for placing 3rd in the state for making the largest donation per member to Ovarian Cancer Research.

Reaching Out to Muhlenberg County



<i>Educational Programs</i>	
Programs presented	675
Total participants	12,427
<i>Educational Contacts</i>	
Clientele visits	3,450
Telephone consultations	4,575
Newsletters distributed	29,500
<i>Volunteer Development</i>	
Volunteers	560
Volunteer hours	4,500
Clientele reached by volunteers	8,100

The Arts Advisory Council is very active proposing several plans of work that have come to fruition or are in the process of doing so. Among these plans were laying the ground work for several ARTS performing groups: Arts Barbershop Chorus, Arts Dulcimer Ensemble, Arts Youth Dulcimers and Arts Line Dancing group. These performing ensembles have been visible at many civic and tourism events in the county. The council also helped sponsor the three performances of the University of Kentucky Symphony Orchestra.

Teens who volunteer develop self esteem, confidence, effective communication skills and other assets kids need to succeed. The 4H Teen Club coordinates the

Food for Kids Backpack program which provides food stocked backpacks for 490 students each weekend throughout the school year. 8 teens deliver these backpacks on a weekly basis. The teens raised over \$21,000 with a Penguin Plunge and received another \$14,000 through a grant which they wrote to fund this program. As a result of this teen leadership effort, according to research the 490 students in need are suffering less from food insecurity, performing better academically, and attending school more regularly.



Emerging from the icy cold waters at the Penguin Plunge fundraiser for the Food for Kids Backpack program were from left: Sara Walker and Lindsey Mathis

Increasing Health Consciousness

Through the *Literacy, Eating, and Activity for Preschools* program, new fruits and vegetables were introduced, physical activity was conducted, and stories introducing nutritious food and health concepts were read weekly for 6 weeks to 2 preschools. 27 preschoolers and 5 teachers participated weekly. As an outcome of this program, students practiced proper hand washing techniques, tried new fruits and vegetables, became more physically active, and reported proper dental care.

In our county, 9.4% of our citizens have been diagnosed with diabetes or at risk for diabetes. 12 adults participated in a four week program offered by Extension and Health Department. 100% of the participants moved from having no intention or thinking about managing their diabetes to taking several steps to manage their diabetes. 75% took part in physical activity for 30 or more minutes on 5 or more days of the week. 50% had their A1C checked. At the end of the program, 50% implemented at least

three healthy eating practices and 60% made progress toward a personal goal to improve the management of their diabetes.

FCS and 4-H took the lead with partnering agencies to plan and conduct “Truth and consequences” designed to show high school students the consequences of getting involved in substance abuse. 56 students, 48 parents, and 39 community leaders participated in the program where students role played scenarios such as being picked up for driving under the influence. Students experienced being cuffed and standing before the judge with their parents by their side. Following the program 100% of those participating could predict the long term future for youth involved with alcohol or drugs and 95% could list 3 or more agencies in our community that assist youth with drug and alcohol abuse.



The Muhlenberg Arts Line Dancers shown above has as its motto: Don't just sit there, DANCE....thus promoting healthy exercise along with dancing.

Protecting and Conserving Natural Resources

Educational programs of all types are used to educate citizens about protecting and conserving natural resources. Soil testing, utilizing tillage and minimum or no till methods, fertilizer and pesticide usage are just a few of the topics that farmers learn about during classroom settings, one on one meetings, and newsletters. Two farmers utilized the Rinse and Return program to recycle their used pesticide containers and more county farmers are utilizing no till methods to plant corn and soybeans. One tobacco farmer utilized strip till for all of his tobacco acreage. The Extension Council sponsored a shred day which resulted in 14 participants bringing 2,118 pounds of paper in to have shredded and recycled.



John and David Boggess work with representatives from the KY Department of Ag to recycle empty pesticide containers.

In 2009 the County Green Recycling Team was formed for the purpose of addressing the need for recycling in our county. This committee, working with the Extension Service, received a grant of \$50,000 from the Felix E. Martin Foundation for building 5 recycling bins to be placed at the five convenience sites for recycling of plastics and paper products. The grant was also used for education and publicity of the benefits of recycling throughout the 2010-2011 year. The recycling bins have been in place since December 1, 2010. The Road Department takes the bins as needed to the Opportunity Center, a non-profit facility which employees mentally and physically challenged adults, where the bins are unloaded. The Center sells the recyclable materials for revenue for the operation of the center. Since the start of this project, approximately 61,000 pounds of papers and plastics have not gone to our landfills and the Center has seen an increase of \$16,695 in revenue through this recycling effort.



Students from Bremen Elementary recycling newspapers, phone books, and magazines.

Improving Planning and Management for the Farm and Family

Field demonstrations, one on one visits, classroom meetings, phone calls, electronic and mass media are all used to assist clientele and enhance their knowledge. After learning the fertilizer value in the tobacco stalks, one producer purchased a manure spreader so that he could distribute the stalks on his pasture fields. Research demonstrated that a ton of burley tobacco stalks containing 20% moisture has 62 pounds of nitrogen, 20.7 pounds of phosphorus, and 145 pounds of potash. This information demonstrated that the tobacco producer could pay for the manure spreader in five years based on the amount of fertilizer in the stalks versus buying commercial fertilizer for his pastures. Two farmers utilized the Extension Service to help them gain information about whether to replant their corn after excessive rainfall reduced plant populations. These consultations resulted in a combined savings of \$14,000 for not replanting 70 acres. Although yields for the first 50 acres averaged about 90 bushels per acre and the remaining 20 acres averaged about 100 bushels per acre because of the reduced stand and the 2010 drought, both farmers agreed that replanting would have been a major mistake. Another client utilized information from the Extension Service to help determine how much nitrogen had been lost from 13 acres of his corn crop due to the excessive rainfall. This consultation resulted in the farmer adding an additional 30 pounds of nitrogen to that acreage and ultimately harvesting 180 bushels of corn per acre from those acres as compared to the farm average of 130 bushels per acre.



Gary Jarvis spreads tobacco stalks on his pasture field instead of using commercial fertilizer.

The FCS agent offered classes in safe driving for those over 55, couponing classes, food preservation classes, 4-H sewing and special interest sewing, and workshops for helping parents and students filing for financial support for college. The CES also worked with our county high schools and the Chamber of Commerce to offer Career Day for 10th-12th grade students.



Participants taking part in Second Sunday at the Trail which is a statewide effort to address families becoming physically active.

Providing Positive Youth Development Experiences

Engaging Youth, Serving Community (EYSC) is a program that allows teens to work together in partnership with adults to identify social, cultural, economic or environmental issues facing communities, deliberate solutions and implement action plans which help resolve an issue. A team of 6 teens and 2 adults hosted a community forum for 40 community leaders who unanimously agreed upon bullying being the issue the group should address. The team has presented anti bullying programs to 2100 students thus far in an effort to curtail bullying.



The Engaging Youth, Serving Community Super Hero Bully Free Forever Team from left: Dillan Edmonds, Connor Cooper, Dylan Simmons, Brooklynn Yonts, Alivia Conkwright, and Sam Culton.

The 4-H Honors program is intended to recognize 4-H Participants who have outstanding accomplishments in citizenship and leadership. 13 teens received either bronze, silver or gold honors thus allowing them the

opportunity to apply to attend National 4-H Congress. Statewide only 25 top 4-H teens are selected to represent Kentucky at Congress. 5 Muhlenberg teens are among those elite 25 selected to represent Kentucky. These teens develop life skills in accepting differences, decision making, problem solving, self responsibility, and leadership.

Arts and the Community

The commissioned play with music on the history of Muhlenberg County was presented for three sold out performances of over a 1000 people. The Artists, actors, musicians, vocalists and directors were a part of our county. We also sponsored a week long “Arts Camp” for students, grades 1st thru 8th. The students were exposed and involved in the four areas of the Arts.



The UK Symphony Orchestra performs for 1500 plus Muhlenberg Countians.

The Muhlenberg County Cooperative Extension Service

We deliver information, education, solutions.

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