

2023-2024 Carter County Report to the People

 **Cooperative
Extension Service**



**For More Information,
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 @ Carter County Extension
Office

Ag/Natural Resources

 @ Carter County
**Agriculture Extension
Service**


- Livestock Association
- Private Pesticide Applicator Trainings
- Soil Testing
- Hay Testing
- Beekeeper Association
- Farmer's Market
- Hike & Learn

4-H Youth Development

 @ Carter County 4-H

- 4-H School Clubs
- School Enrichment Programs
- Livestock Program
- LEGO Club
- Summer Day Camps
- 4-H Camp
- Teen Summit
- Teen Conference
- Win with Wood

Family & Consumer Sciences

 @ Carter County Extension-
**Family and Consumer Sciences
Education**

- Homemaker Clubs
- Laugh & Learn Playdates
- Keys to Aging
- Lunch and Learn Lessons
- Make & Takes
- Food Preservation & Preparation

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
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Beef Producers Benefit from Extension Programming

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According to the 2022 Ag Census there are over 10,000 head of cattle in Carter County, making beef cattle one of the largest agriculture commodities in the county. Over the past year, the Agriculture and Natural Resource Agent for Carter County reached beef producers via programs, newsletters, farm visits and personal communications. Programs included six Northeast Area Livestock Association meetings, Farm & Family Field Day, Beef Palpation Clinic, Eden Shale Farm Tour, and Beef Quality Care & Assurance training.

The agent has provided research-based information and diagnostic services that address livestock health, nutrition, genetics, reproduction, facilities and handling, marketing, risk management, and leadership. A survey was conducted to determine the benefits of Extension to the Carter County beef producers. Of the 24 beef producers who responded to the survey,

50% improved genetics

33% practiced efficient reproduction techniques.

58% demonstrated good animal health practices.

75% adopted one or more best practices in forage production.

58% improved or maintained farm management practices.

45% improved equipment or facilities

16% increased profits, reduced expenses and/or reduced risk



Make & Take Series Generates New Extension Clientele

Agents and staff along with recommendations from advisory council members developed a series of eight hands-on workshops titled "Make and Take". Presenters demonstrated a new skill and participants had an opportunity to complete the learned task and take the finished item home with them. The classes included Charcuterie Boards, Iced Sugar Cookies, Fresh Greenery Vases, Quilted Pillows, Fruit Arrangements, Tie Dye shirts, and Floral Arrangements. Several sessions were holiday themed, and all were open to the public.

Two-hundred and twenty-two total adults, youth, and seniors attended the sessions. Several came with groups of friends, co-workers, or as a family. Ninety-nine of the participants were new to Carter County Extension and had never attended a program at our office.

The "Make and Take" series was a collaboration of all three program areas. Two sessions were taught by professionals of local small businesses, two sessions were taught by an Extension Leader and Homemaker Volunteer, and four of the sessions were led by agents.

One hundred percent of participants learned a new skill, demonstrated their skill, and reported a feeling of pride and a sense of achievement. All the skills learned also gave participants the potential to save money by making gifts and items themselves instead of purchasing from a caterer, baker, artist, or florist. The series brought 99 new people into the extension office. As a result, many have come back to participate in other programs. The ANR program gained 11 new participants, Carter County Homemakers gained 5 new members, 4-H recruited new volunteers, the FCS Facebook page gained over 600 new followers, and the FCS newsletter almost doubled its mailing list. New members were also recruited for the County Extension Council, adding more diversity.

Participants came to have fun while learning something new, but they ended up discovering the other resources the Carter County Cooperative Extension Service has to offer.

National 4-H Forestry Invitational

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Kentucky was one of twelve states that competed in the 43rd annual National 4-H Forestry Invitational from Sunday July 23 through Wednesday July 26. While at the Invitational 4-H members competed for overall team and individual awards in several categories. Events included tree identification, tree measurement, compass and pacing, insect and disease identification, topographic map use, forest evaluation, the forestry bowl, and a written forestry exam.

The Kentucky team members were Ben Falk (LaRue County), Hannah Falk (LaRue County), Nevaeh Kouns (Carter County), and Kolton Zimmerman (Fayette County). The team coach was Rebecca Hayes, Carter County 4-H Youth Development Agent.

The Joe Yeager "Spirit of the Invitational" award was presented to Nevaeh Kouns from Carter County, Kentucky. This award recognizes an outstanding 4-H contestant at the Invitational. It is presented to the individual who takes initiative, is enthusiastic, and is eager to lead academic and social situations.

The team placed first in the Quiz Bowl competition and placed as the 5th overall team. Both are the highest scores a team has placed in Kentucky 4-H history!

To qualify to compete at the National Invitational, the youth and their team must compete and advance from the State Forestry Judging Contest. Nevaeh has competed in various forestry judging contests for 7 years. She has been studying, teaching others about forestry, and working hard to compete at the national level.



Nevaeh Kouns



Rebecca Hayes, Nevaeh Kouns

Stay Sharp, Stay Active

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Seniors Play and Learn through Bingocize

Carter County residents of all ages need enhanced opportunities for physical and mental health. As baby boomers are entering retirement, the population ages 65 and over in Carter County are projected to increase. In 2019 our senior population was 5,065 and in 2025 it is estimated to be 5,231 (KY By the Numbers, Carter County Data Profile). Older adults are also at greater risk of developing complications for Covid-19. Not only are senior citizens at greater risk of illness and death from Covid-19, but the pandemic has also affected seniors in many ways and taken a toll on the mental health of many. With an anticipated growing senior adult population and the identified need for more programs, Carter County Family and Consumer Sciences Advisory Council members suggested the implementation of Bingocize®.

Bingocize® is an evidence-based health promotion program that strategically combines the game of bingo, health education, and/or exercise. Groups meet twice per week for eight weeks, for the Covid-19 unit with each 45–60-minute session consisting of exercises (range of motion, balance, muscle strengthening, and endurance exercises) and/or health education questions. The Carter County Extension Agent for Family and Consumer Sciences partnered with Christian Care Communities of Grayson to present the program at the Chapel House community room to both Chapel and Friendship House residents.

In May-June 2023, 27 participants attended the Covid-19 unit. 100% of participants noted satisfaction with the quality of the program and indicated that they had gained additional knowledge related to the prevention of Covid-19 while learning exercises they could practice and implement at home. Nine participants attended most of the sessions, with 2 seniors having perfect attendance. They all increased their amount of physical activity. Some went from being sedentary to exercising 3-5 days a week! They all reported an increase in energy, improvement in mental health, and a better understanding of the prevention of Covid-19.

Since the completion of the program most participants have continued their exercises at home and continue to find ways to be active each day.



Bingocize Group