

2022

Hardin County

Extension Office

Annual Report



Hardin County Extension Office

University of Kentucky | Kentucky State University



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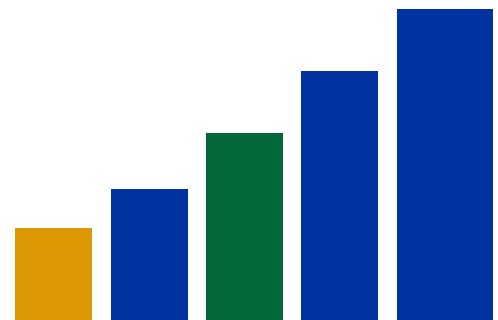
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What is Extension?

The University of Kentucky Cooperative Extension Service provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future.

Whether you are a commercial-scale farmer, a backyard gardener, an avid outdoor-person, or anything in between, our agents can help you grow your food, understand the food system, and protect the environment.

Family and Consumer Sciences Extension improves the quality of individual and family life through education, research, and outreach. This multidisciplinary field focuses on building assets of individuals and families to address the perennial problems faced across the lifespan. Family and Consumer Sciences Extension agents enable individuals and families to develop capacity for strengthening families and building community for an ever-changing society.

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society. 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. The four H's represent the idea of Head, Heart, Hands, and Health.



Mission + Impact

Mission

Extension's mission is to make a positive difference in the lives of Kentucky citizens through non-formal education for the entire family. Extension agents and volunteers take the results of university research and explain it in such a way that different age groups can learn and apply the information to their own lives.

Impact

- 300 -- Number of people who increased knowledge of farm health and safety practices
- 1124 -- Number of people who collected soil samples for testing
- 3157 -- Number of direct contacts made by Master Gardeners
- 95 -- Number of beekeepers who used Extension resources
- 117 -- Number of program participants who demonstrated an increase in physical activity levels
- 787 -- Number of individuals who reported increased knowledge, skills, or intentions related to using the nutrition facts label
- 1800 -- Dollars reported saved as a result of participating in a financial education
- 500 -- Number of pints of fruits, vegetables or fruit/vegetable products canned through water bath canning (e.g. pickles, jams, jellies, sauces)
- 38,784 -- Number of volunteer hours completed by the Hardin County Extension Homemakers
- 157 -- Number of youth who participated in college and career educational programs
- 600 -- Number of youth who gained an understanding of the role of agriculture in the production of food, fiber, and wood products
- 475 -- Number of youth who participated in education related to family and consumer sciences
- 200 -- Number of youth who were educated on health and well-being through 4-H programs

Meet Our Team



MATT ADAMS
AGRICULTURE AND
NATURAL RESOURCES
AGENT



DOUG SHEPHERD
AGRICULTURE AND
NATURAL RESOURCES
AGENT



CHANDRA DERAMUS
FAMILY AND CONSUMER
SCIENCES
KSU
AGENT



DAYNA FENTRESS
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SCIENCES
AGENT



AMY ALDENDERFER
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JOCelyn KEMP
4-H YOUTH DEVELOPMENT
AGENT



SUE ANN MCCANDLESS
4-H YOUTH DEVELOPMENT
AGENT



STEPHANIE MEREDITH
4-H YOUTH DEVELOPMENT
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FAMILY AND CONSUMER SCIENCES
PROGRAM ASSISTANT



TONI WILLIAMS
NUTRITION EDUCATION PROGRAM
SNAP ED ASSISTANT



BRITTNEY PACK
RECEPTIONIST



FRAN HODGES
STAFF ASSISTANT



JESSICA VINCENT
STAFF ASSISTANT



JOHN CARL QUICK
BOOKKEEPER

Agriculture and Natural Resources



DIRT TO DOLLARS PODCAST REACHES NEW AUDIENCES FOR EXTENSION

Cooperative Extension Agents are continuously looking for ideas to help reach new audiences to educate and communicate. Hardin County Agriculture and Natural Resources turned to podcasting to do this. In research conducted by Nielson, over 50% of the American population have listened to a podcast. The Agriculture and Natural Resources agents themselves use agriculture podcasts specifically to learn about current agriculture events. They realized it would be a good way to bridge Extension education into a conversational format that farmers could listen to anytime they want, whether in the tractor, or at the farm office working on paperwork.

Using Zoom online, the agents record the podcasts to keep farmers in the know about cattle markets, government programs, planting issues, weather, and programs. Based on listenership through the last year, the agents discovered that when they had one to two short interviews with specialists or guests while finishing up with conversation between the agents, they received more listeners. The local radio station in LaRue County picked up the podcast and uses it on its Saturday morning broadcast. This has helped listenership grow even in ways the agents were not expecting from the beginning.

To date, there are 23,625 downloads, and the average listenership is 203 people. This does not include the weekly listenership from the local radio station, ABE 93.7, which is the most listened to radio station in Larue County and the second most listened to radio station in Hardin County. Sixty-eight percent of downloads came from the Apple Podcast app, and 5% came directly from the podcast host website. The podcast has been downloaded in 1042 cities and 47 countries.

One listener responded in a review, "I'd like to say it's a no-nonsense source for agriculture information – but it's not, this host trio offers just the right balance of relevant and timely discussions about issue confronting agriculture, with a little bit of fun."



DOUG SHEPHERD RETIRES AFTER NEARLY 40 YEARS OF SERVICE

After nearly 40 years of service to the Kentucky Cooperative Extension System, 32 in Hardin County, Doug Shepherd retired on December 31, 2022.

Doug began his Extension career in Crittenden County, serving there for 7 years. In 1990, he made his way to the Hardin County Extension Office, where he has served since. Doug was involved in the North American International Livestock Expo for 30 years and brought national recognition to Kentucky as the standard of livestock shows across the nation. He also played a vital role in the Beef IRM programs and helped establish the guidelines for the use of Ag Development funds after the tobacco buyout.

In 2005 he started a retained ownership program in cooperation with Iowa State University to show farmers how genetic improvements have helped their cattle. Producers from 15 counties and Tennessee have sent over 3,000 head through the program.

Doug worked on an Ag Village for Heartland Festival, took the lead role in the building of our current facility, and offered countless programs and pieces of advice to farmers in our community. Doug served as mentor, advisor, and friend to the staff at the Hardin County Extension Office for years, and we are grateful for his years of dedication and service.



MATT ADAMS MAKES REMARKS ABOUT HIS COWORKER, MENTOR, AND FRIEND AT DOUG'S RETIREMENT CELEBRATION ON DECEMBER 16, 2022.

Family and Consumer Sciences



IMPROVING VACCINATION CONFIDENCE IN HARDIN COUNTY

Kentucky State University's Cooperative Extension launched a program called Skip Covid-19 thru a series of programs and lunch and learn events that focused on providing resources for communities, schools, and organizations to inform people on how to prevent the covid-19 virus thru vaccine immunizations and preventive techniques and measures.

Within Hardin County, Family and Consumer Sciences collaborated with several community organizations to inform community participants on ways to prevent Covid-19 and ways to encourage vaccinations and immunizations. Several programs were done to inform the community thru the use of information such as fact sheets, resource bags, and resources on vaccination finders. Over this year a total of about 105 people participated in several programs about preventing the Covid-19 virus. As a result of this program, more people are open to looking into ways to prevent the Covid-19 virus, and more people were encouraged to get the Covid-19 vaccine.



HARDIN COUNTY LOGS IT'S 100 MILLIONTH STEP IN WALKTOBER'S THIRD YEAR

What started as a virtual challenge during the Covid-19 pandemic has become an ongoing fitness program at the Hardin County Extension Office. WALKTober provides participants an opportunity to track their steps and make progress towards their health goals, without the pressure of attending gyms, programs, or meeting certain numbers to be deemed successful.

During the month of October, participants are encouraged to simply walk. Email reminders were sent to participants reminding them how many physical, emotional and mental benefits could come just from moving their body. In 2022, the option to log miles through biking or swimming was added after receiving requests in the 2021 challenge. Participants were able to log these steps or miles however worked best for them personally. Many use apps, but most use paper trackers, and comment that they do not participate in challenges that require smart phones or apps, and appreciate that WALKTober allows them to be involved.

As a whole, participants have logged more than 100 million steps over the course of WALKTober. This year, 16,274,617 steps and 1,756.79 miles were logged by 102 participants. 58 participants met the goal that they set for themselves - which ranged from life changing goals such as coming off of medications for high blood pressure to improving mental health. One woman was able to come off 3 medications simply by walking her neighborhood once a day. Another woman found a tumor in her kidney because of WALKTober, which doctors say was early enough to treat and would likely have caused severe illness had it not been caught through her new habit of walking. Multiple participants report using WALKTober as the motivation they need to increase their daily physical activity, and that without the challenge, they would not do as well.

ONE FAMILY WAS ABLE TO PARTICIPATE IN WALKTOBER THIS YEAR BECAUSE OF THE NEW OPTION TO LOG MILES ON THEIR BIKES. WALKTOBER IS OPEN TO PARTICIPANTS OF ALL AGES, AS WELL AS PETS. INCENTIVES ARE GIVEN TO EVERYONE WHO TURNS IN THEIR LOGGED MILES.



Horticulture



PLATE IT UP! AT THE HARDIN COUNTY FARMERS' MARKET STILL SEES SUCCESS

The eight-year collaboration continues between the Hardin County Farmers' Market, the Hardin County Cooperative Extension Service and the Lincoln Trail Area Master Gardeners.

Once a month through the growing and selling season, the Master Gardeners provide samples, recipes and information to the shoppers at the Hardin County Farmer's Market. The Master Gardeners prepare two recipes from the Kentucky Proud Plate It Up! Series. Then, pass out samples to the patrons of the Market, encouraging vegetable and fruit purchases. With each successive month, the participation has doubled! The patrons can then fill out a survey to receive a small incentive.

To date the market has doubled the number of shoppers as well as increased their sales 34% on days that the program happens. This may be attributed to the Master Gardeners utilizing social media to advertise their presence at the market on the first and third Saturdays. Participants purchase the ingredients from the recipes that are sampled so that most days the vendors sell out of the items in the recipes. Most tasters (about 86%) show an interest in eating more fruits and vegetables.

Master Gardeners have donated 421 hours to this project. This includes sample preparation, PBPT training, training for their Sampling Certificates, and time at the market handing out samples and talking to everyone about the recipes they prepared.



MASTER GARDENERS GIVE OUT SAMPLES, RECIPES, AND INCENTIVES ITEMS EACH TIME THEY COME TO THE MARKET. PARTICIPANTS SAY THEY ARE MORE LIKELY TO PURCHASE THE FRUIT OR VEGETABLE SHOWCASED THAT DAY BECAUSE OF THE SAMPLES.





4-H Youth Development



JOCELYN KEMP HIRED AS 4-H YOUTH DEVELOPMENT AGENT IN HARDIN COUNTY

Hi! My name is Jocelyn Kemp and I am the new 4-H Positive Youth Development Agent in Hardin County. I am very excited to be a part of the team and to positively impact the youth in our community! I am a newer member of the community, my family moved to Fort Knox, KY over 4 years ago while my husband was Active Duty. We are now a civilian family and recently moved off Fort Knox and to Elizabethtown. We are excited to raise our family here and

looking forward to many more memories in our new home.

As a new 4-H Agent I am looking forward to growing my relationships with the youth and their families. I am interested in seeing how we can expand our program to reach more youth and to meet their interests to help them become successful adults. There are so many opportunities for 4-H to change lives and I know we will do just that! Within our program I am so happy that I can help with the Agriculture based programs and beyond. I can channel my passions to meet the needs of the youth I work with and make the best better!

I look forward to being a part of another prosperous year in Hardin County Cooperative Extension.



CAMP SEES INCREASE AFTER SUMMER BLOCK PARTY PROMOTION EVENT

Since canceling camp in 2020 and camping at a reduced capacity in 2021, initial feedback from the 2022 camping registration was slow and lacking in the number of youth committing to attend. The Hardin County 4-H program continues to believe that the camp experience has several positive impacts for youth ages 9-14 including personal growth, eliminating screen time and fostering independence and leadership while creating opportunities for mentorship and positive role modeling from teens and adults.

In response to initial low numbers, the 4-H agent enlisted the help of staff and volunteers to put on the first ever 4-H Summer Camp Block Party in the county to kick off the beginning of summer break and start a 10-day countdown to the registration deadline. The block party included activities and games that campers might experience at camp in a scaled down version including, outdoor games, relay races, crafts, chow wagon and a campfire to roast smores. More than 50 youth along with 30 adults/parents attended the event, only 30% of those polled had previously registered to attend camp. The event was made possible with the help of eight adult volunteers and seven teen volunteers, six of whom agreed to attend camp as teen counselors or CITs.

Participants and parents expressed enjoying the block party event. One parent called in the day following the event saying, "I had been trying to talk my daughter into going to 4-H Camp because I loved camp as a child. She refused. When I saw the Summer Camp Block Party flyer, I convinced her to try that because it was just a couple of hours one evening. She came to the block party last night and had a blast. She absolutely loved it and is now excited about attending camp with some of the new friends she just met."



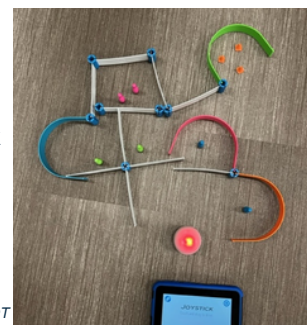
Program Assistants



4-H SEES SUCCESS USING SPHEROBOTS TO TEACH CODING AND ROBOTICS

Technology is one of the most sought-after careers currently. With the help of the Ag Mini grant from the KY 4-H Foundation, Extension purchased 24 SpheroBots and 8 tablets to teach robotics and simple coding to 4 and 5th graders. In last year, Extension has reached 245 students in schools, in at risk youth programs, and in classes at the Extension Office. The use of the

SpheroBots is an excellent tool using many ways to control the bot. With this different technological approach, we can differentiate each child's learning abilities. This program is a great way to connect our every growing Agricultural careers connecting drones and app enabled tractor systems.



A STUDENT CREATED AN OBSTACLE FOR HER SPHEROBOT TO MANUEVER THROUGH TO COMPLETE THE TASKS.



BIKES AND TRIKES TEACHES SAFETY, OFFERS FUN FALL BREAK OPTION FOR FAMILIES

Bikes and Trikes was a new event for Hardin County Extension created to offer something on fall break for children who didn't get the chance to go on vacation. Bikes and Trikes was both a bike safety event and also a day of physical activity, education, and fun. Extension partnered with our local bike shop and local police department who sent their bicycle officers to talk safety, while the bike shop discussed helmet safety, made minor bike repairs on site, and created a course in

our parking lot for children to ride safely. Local insurance agents sponsored the giveaway of 4 bikes and 4 helmets. Youth got their picture taken and were given a "drivers license," were "fueled up" with nutrition advice and snacks by our SNAP assistant, were given bike safety and sun safety information, giveaways, and so much more. Youth and their parents made new friends, and everyone raved about the event.

58 families, many with multiple children, came to Bikes and Trikes. This was a first time event. Feedback was incredibly positive saying both that the children enjoyed the day, increased their physical activity, but also learned something new about safety. The bike shop checked bikes and fixed small issues that could have caused wrecks, and made sure the kids were wearing their helmets properly, teaching both the parents and the kids the correct way to wear a helmet - potentially saving injuries in the future. The One little boy learned how to ride his bike without his training wheels because of the event. He was motivated by how many other children were there riding without wheels, he got his bike fixed by the bike shop, and he asked a male volunteer to show him what to do. It took only a few laps and he was riding like a pro. His mom recently told the Extension Office, "its been 5 months since your event and he still rides his bike like a pro. He used to rarely ride his bike, coming inside after school to watch TV instead. Now, every day when we get home, no matter the weather, he is riding his bike. Thank you all for such a great event that increased my boy's confidence and ability, while showing him the importance of bike and helmet safety as well. You've made him healthier, and safer, and he sleeps better at night having burnt off so much energy each afternoon!



DOWN SYNDROME COOKING CLASSES ALLOW EXTENSION TO ADAPT TO NEW NEEDS

The Down Syndrome Association of the Heartland is organization that offers support to individuals with Down Syndrome, and they also strive to educate the public-at-large about Down Syndrome. Cooking is one of the things that they love doing, but there were no classes offered for this audience at the time. Extension met that need, and has seen great success with this audience in their ability to create and plan meals for themselves.

The special efforts put towards to reaching the audience involved doing research and learning that there are different stages of Down Syndrome and how to best equip each individual because of those differences. This research has helped us to be more knowledgeable on how to relate with each individual that would be attending the classes. One thing Extension has adapted to meet the needs of this audience is to find recipes that were audience friendly for them, as well as making the cooking stations accessible to them.

Participants have learned to prepare foods with little to no supervision. They read the recipes and they collect the items that they need for the recipes. It is called "time to shop" and then they gather what appliances that will be needed for the recipes. They have made meals and taken home to share with family members, and all have learned many new skills to help them be self sufficient.



Contact Us



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District Board Chair: Zach Heibert

CEC Chair: Kyle Souleyrette

4-H Council Chair: Leann Davidson

Homemaker Council President: Debbie McQueary and Hedi McNutt

Master Gardener President: Tracey Easton

The Hardin County Cooperative Extension Office programs and events that we offer our community would not be possible without our dedicated, talented, selfless volunteers. We are so grateful for those 4-H leaders, parent volunteers, Hardin County Homemakers, Master Gardeners, Ag Council members, program volunteers, program teachers, council members, board members, and the countless others who give Extension the gift of their time and talents.

Thank you!