

# Report to the People

## Warren County • 2019

## COOPERATIVE EXTENSION



*The ribbon cutting celebration at the New Warren County Extension Office on May 2, 2019.*

The Warren County Cooperative Extension Service provides educational programs that can benefit every citizen in the Bowling Green/Warren County area. Our mission is to improve the quality of life by providing solutions to increase profitability, engaging youth to master life skills, building healthy lifestyles and empowering volunteer leaders to serve the community.

Due to the ever-growing population in Warren County, the Extension office opened their new facility on February 18, 2019. Each year, there are more than 500 meetings with 10,000 individuals attending. The new office has six meeting rooms to accommodate group sizes of 25 to 300 people. We would like to thank the following for their contributions and support of \$5,000+: *District Board Members, Extension Supporters, Warren County Fiscal Court, Warren County Farm Bureau, Kentucky Ag Development Fund, Warren County Ag Foundation, Warren County Cattlemen, Farm Credit Mid-America, Warren County Extension Homemakers, Warren County 4-H Council, Independence Bank, Warren County Conservation District, South Central Bank, Pam Elrod, Wright Implement, Franklin Bank & Trust, and Diane Cole & Family.*

---

### **For More Information, Please Contact us at:**

Warren County Extension Office • (270) 842-1681 • <https://warren.ca.uky.edu>  
5162 Russellville Rd., Bowling Green, KY 42101

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



*Anna Sweets & the 4-H Environmental Club partnering with Lost River Cave to help control invasive plants.*

### **4-H Youth Development**

Many times in Extension, we are planting seeds and waiting for harvest. These seeds come in all sizes and shapes. They could be highly specialized to give maximum profits to the farmers or they could be educational “seeds” of planting ideas, skills and knowledge.

In the 4-H program, we are planting many seeds. The initial planting may be joining 4-H, attending club meetings, doing 4-H projects. While the plant is growing, we are providing “nutrients”, increasing leadership skills by providing trainings and conferences for volunteer development.

These nutrients include club leader and officer training, Teen Conference, Teen Summit, teen ambassadors, certification trainings, KY Volunteer Forum and National Volunteer Conference. Finally the harvest. This year’s harvest has produced some outstanding yields.

- After attending Teen Conference, Isaac Hosay came home and started the 4-H club, “Better Together”, a 4-H club for all, including youth and teens with disabilities.
- “Seeds” planted for the past three years at Teen Conference inspired Anna Sweets to start and lead an Environmental Club this past year. She has partnered with several local environmental agencies including Storwater Management to help support this club.
- Nathan Adkins, Ryan Brown and Chloe Carter are Shooting Sports Teen

Ambassadors and Certified Teen Coaches. Together they created a shooting sports safety presentation using Project ChildSafe resource materials, a program of the National Shooting Sports Foundation.

- Two Warren County project club leaders, rabbit and poultry respectively applied new knowledge to their project clubs after attending the Kentucky Volunteer Forum. Through this knowledge they were able to double participation at the county and state fairs.

### **Horticulture**

Extension Master Gardeners are an asset to their communities. They are eager to learn new gardening trends and practices, exchange ideas with other gardeners, and possess a desire and passion for volunteering in their community on a number of service projects through educational programs.

Their time, labor, assistance, knowledge and experience are improving the landscape and gardens in and around the Warren County community. Warren County Extension Master Gardeners donated a total of 520 volunteers hours.

According to the National Independent Sector in 2018, the amount of volunteer time is valued at \$21.42 per hour in Kentucky. The work given by Warren County Extension Master Gardeners is valued at a total of \$11,138.40.



*Warren County Master Gardeners*

## **Family and Consumer Sciences (FCS)**

The Warren County Homemakers are involved in their community on a regular basis.

In 2018, Warren County Extension Homemakers (WCEH) collectively donated 23,490 hours of their time to the community. Each hour volunteered in Kentucky last year is valued at \$21.42 for a grand total of \$503,156 worth of services.

Warren County was recognized at Kentucky Extension Homemaker Association for 100% membership contribution to the Ovarian Cancer Research Fund. Every homemaker member in Warren County contributed \$1.00 to this worthy cause. Congratulations and thank you very much for your continued hard work and dedication to this worthy cause.

WCEH donated \$284.00 to the National Water Project and \$150.00 to the KY Academy Library in Ghana. Numerous homemakers donated hundreds of hours making washable sanitary pads for underdeveloped countries.



*Warren County Extension Homemakers*

## **Agriculture and Natural Resources (ANR)**

Simpson, Allen, Warren, and Logan counties hosted the Master Cattlemen Program. Beef cattle operations are economic drivers for local farms and communities with just shy of 60,000 beef cattle represented in this area. The goal of the Master Cattlemen Program is to increase the overall profitability of beef producers through the intensive educational training.

One year later, the follow up evaluations indicated that many of the participants have

implemented practice changes as a direct result of the information presented during Master Cattlemen. The results of those practice changes have increased profitability by a total of \$50,591.25 which includes going to a compressed calving season; using a purebred bull to service cattle herds; artificially insemination cows and heifers; creep feeding pre-weaned calves; balancing feed rations; and deworming the cattle herd.

## **Snap-Ed**

According to the Center for Disease Control, Kentucky has the 3rd highest rate of obesity in the nation. In an effort to improve the quality of life for residents in Warren County the SNAP Education Assistants held many workshops on the following topics: Meal Planning, How to Read Food Labels, Understanding MyPlate, Food Safety, and Limiting Solid Fats, Added Sugars and Sodium. The workshops were taught to improve the overall health of people in Warren County.

The Warren County NEP (Nutrition Education Program) paraprofessionals taught 99 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. One hundred percent of NEP families made an improvement in the nutritional quality of their diet. Sixty-one percent of families demonstrated an improvement in safety food handling practices and hand washing behavior. Sixty-eight percent of families learned to plan meals ahead of time and use a grocery list to guide food selections. Furthermore, 64% of adults have increased daily consumption of fruits and 55% increased their intake of vegetables.



*Grow Cook Eat Participants*

## Community Economic Development

The Kentucky Farms, Kentucky Flavor (KYF2) Project is funded by the USDA Specialty Crop Grant in partnership with SOKY Marketplace. The goals are to increase the sale and consumption of specialty crops. Promotional and educational videos were developed highlighting farmers, where to access crops and how to incorporate them into healthy meals.

Each farm highlighted:

- Received \$4,050 worth of earned media from the promotion that reached over 56,000 individuals.
- 100% saw an increase in sales of 10-15%.
- 100% also noticed an increased awareness of their farm business and featured crop.
- Increased their social media following by 12%-258%. One farmer attributed a big increase on their Facebook page to KYF2 and said he was appreciative of the project because “most farmers do not have the means or knowledge to promote their goods on this scale.”

Seventy percent of the consumer audience reported to have gained knowledge on how to access or prepare a specialty crop. One farmer stated that the project was helpful to his farm because “Anytime we can increase consumer knowledge of what grows and how it grows in their area is important for a healthy diet and to develop relationships between producers and consumers.”



*KYF2 projects have increased farm sales and awareness of specialty crops.*

## Extension At a Glance

- The Extension Master Gardeners completed 520 volunteer service hours.
- 240 youth have applied the skills they learned in 4-H and in other activities at home, school, or in the community.
- 30 beef producers reported improved record keeping practices as a result of Extension programs.
- KEHA members volunteered 5,504 hours for Extension activities/events.
- 100 residents reported an increase in accessing fresh, local foods.
- 111 youth have more confidence speaking in front of groups since participating in the 4-H Communication and Expressive Arts programs.
- 75 producers implemented sustainable practices as a result of participating in Extension Programs.
- The Extension Master Gardeners made 3,000 direct/indirect contacts.
- 58 volunteers have taught at least two hours of curriculum-based instruction to 4-H members.
- 600 participants gained access to Extension programming at local farmer's markets.
- KEHA members volunteered 23,490 hours for community service (non-Extension) activities/events.

*It Starts With Us.  
Healthy Families. Healthy Homes.  
Healthy Communities.*