



OWEN COUNTY REPORT TO THE PEOPLE

EXTENSION TODAY

Kendal Bowman

Extension Agent, Agriculture & Natural Resources
kendal.bowman@uky.edu



David Gabbard

Extension Agent, 4-H Youth Development
david.gabbard@uky.edu



Chelsea Young

Extension Agent, Family & Consumer Sciences
chelsea.young@uky.edu



Stephanie Howard

Extension Staff Assistant
showard@uky.edu



Shannon Marlow

Extension Staff Assistant
shannon.marlow@uky.edu



DID YOU KNOW?

Elmer Davis Lake, constructed in 1958 by KY Fish & Wildlife Resources, spans 149 acres and was designed to support a variety of fish species, including bluegill, crappie, and channel catfish. This scenic lake is ideal for kayaking and canoeing, offering peaceful water activities. The lake restricts the use of larger motors, ensuring a quiet environment. Visitors can enjoy fishing with a conveniently located dock, ramp, and fishing pier, all easily accessible for outdoor enthusiasts. Whether for fishing, boating, or simply relaxing by the water, Elmer Davis Lake is a perfect spot to enjoy nature.

Elmer Davis Lake 635 Lake Road, Owenton, KY 40359





Cooperative Extension Service

S107 Ag. Science Center North
Lexington, KY 40546-0091
(859) 257-4302

OWEN COUNTY COOPERATIVE EXTENSION SERVICE

 265 Ellis Highway
Owenton, KY 40359

 **Monday-Friday**
8:00 AM - 4:30 PM

 owen.ext@uky.edu

 502-484-5703

 <https://owen.ca.uky.edu/>

<https://www.facebook.com/OwenCoKYCES>

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.



FAMILY & CONSUMER SCIENCES

Chelsea Young, Family & Consumer Sciences Agent

RECIPES FOR LIFE

Owen County Family and Consumer Sciences Extension Agent collaborated with 15 administrators and teachers with the Owen County School District to offer the Recipes for Life Program to 130 fifth-grade students. 24 volunteers worked with students in a hands-on educational setting to teach important life skills throughout the week. A posttest evaluation was conducted to determine learning outcomes. As a result of the program, students gained the following knowledge and skills:

- 93% recognized the recommended handwashing steps.
- 82% identified best practices for kitchen clean-up.
- 96% identified ways to avoid burns in the kitchen.
- 92% identified when to use a meat thermometer.
- 89% identified the sequence of steps in preparing a recipe.
- 84% identified correct technique for accurately measuring ingredients.
- 91% recognized the food groups that comprise MyPlate.

In addition, as a result of attending the Recipe for Life program, students plan to make the following behavior changes:

- 86% plan to eat more fruits and vegetables.
- 82% plan to try new foods.

A few students shared their favorite part of this program:

- “My favorite part was to be able to cook a meal and work together with my friends.”
- “Cooking the food! Thank you for teaching me!”
- “My favorite part was washing dishes.”
- “Getting to eat all the really good food we made.”

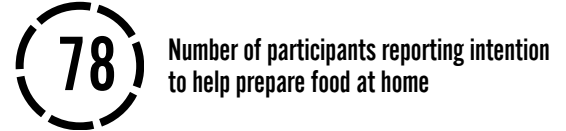
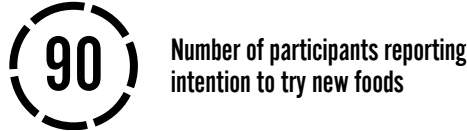
Feedback was collected from school administrators, teachers, volunteers, and parents. From a parent, “I love this program, we had a great conversation about cooking when they got home from school!” From a teacher, “This program makes a difference for these kids and they really enjoy and learn from it.”



Owen County 5th grade students washing dishes, Recipes for Life 2024



Owen County 5th grade students preparing Veggie Platter, Recipes for Life 2024



OWEN COUNTY PRESCHOOL DAYS

Kentucky has reported that only 39% of children attending kindergarten in Owen County are prepared and equipped to succeed. In many Kentucky counties, limited resources or the environment may hinder healthy lifestyle choices related to early childhood development and physical activity.

As an innovative strategy to improve early childhood development skills and increase kindergarten readiness with Owen County residents, the Family and Consumer Sciences Agent having partnered with multiple community partners including the local Family Resource Center, Ohio Valley Educational Cooperative, Owen County Schools, Owen County Public Library, KET, and more to implement Preschool Days. These educational, fun filled days are hosted seasonally for parents/guardians to participate with their child. Through this program, participants work on improving early childhood development skills and increasing kindergarten readiness. Over 40 adults and more than 60 children have participated in this program over the last few years. As a result of this program, 60% of parents reported reading to their child(ren) at home more frequently and 72% of parents or caregivers reported using an increase in emotional and social preparation including following simple rules, playing and sharing with other as well as cognitive skills. In addition to individual behavior change 42 % reported giving their child new opportunities to try new foods, and 57% reported their family conducted activities learned from Preschool Days at home.

Multiple activities were intentionally planned to focus on specific skills and a parent shared “the activities are geared to help specifically with fine motor skills and trying new things. We love these days and learning about different activities we can do at home together.” At each program we always had one station as a sensory station and one child shared that they “liked playing in the beans.” This specific station was a bean bin where the kids had fake flowers, planters, and little plastic critters to play with and enjoyed using fine motor skills to fill planters and place flowers.

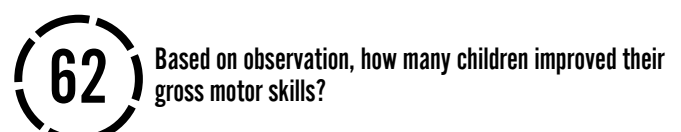
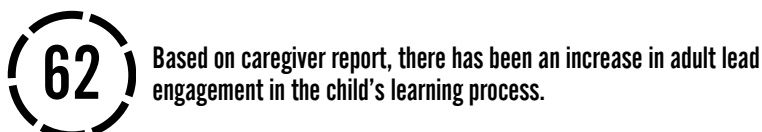
At the completion of the program, many participants shared benefits being gained by both the child and the adult. One parent shared that they “love watching my child learn while having fun.” Another parent shared that “my child enjoyed the gardening activity and is looking forward to doing it at home now. Regarding the many resources available one grandparent shared that they “appreciated the great resources provided to give me the opportunity to connect with the school and others in the community.”



Spring Preschool Day Snack



Spring Preschool Day Sensory Flower Bin





AGRICULTURE & NATURAL RESOURCES

Kendal Bowman, Agriculture & Natural Resources Agent

A PROFITABLE TRANSFORMATION

Cattle play a vital role in shaping the agricultural scene across America, serving as a source of food and livelihood for many. Kentucky stands proudly among the top 10 states in the country for cattle production. Recently, a farmer, seeking ways to minimize feed costs and maximize profits, approached the Owen County Agriculture and Natural Resource Agent for guidance.

In response to this inquiry, the county agent collaborated with an Extension Beef Specialist to analyze the farmer's existing feed ration. It was determined that several adjustments were necessary to enhance production, such as salivation and rumen fermentation. These adjustments were seen as crucial steps toward optimizing the cattle's diet for improved efficiency.

Upon implementing the recommended changes, the farmer reported noteworthy positive outcomes. The adjusted feed ration resulted in increased weight gains among the cattle, enabling them to reach their finishing stage sooner than before. Additionally, the modifications led to a reduction in feed wastage, which contributed to cost savings for the farmer.

In conclusion, the Kentucky farmer and the collaborative efforts of agricultural experts showcases the dynamic interplay between science, expertise, and practical on-the-ground application. The success story from this particular case underscores the broader importance of extension services and agricultural support networks. These entities, like the Owen County Agriculture and Natural Resource Agent and the Extension Beef Specialist, serve as valuable resources for farmers, providing them with the knowledge and guidance needed to navigate challenges, adopt best practices, and ultimately thrive in the complex world of agriculture.

Through such collaborative endeavors, the agricultural landscape can evolve towards greater sustainability, productivity, and economic viability for the individuals and communities involved in this crucial sector of our nation's economy.



Local Producers CPH Heifers

450

Number for people who gained information on beef nutrition, animal health, genetics, reproduction, and/ or facilities and equipment

83

Number of producers who develop and implement a herd health protocol and improve animal health practices

FROM FIELD TO MARKET: BOOSTING LOCAL FARMER SUCCESS THROUGH EFFECTIVE MARKETING STRATEGIES

Local farmers, proficient in cultivation and farm management, often face significant challenges when it comes to marketing and selling their products at farmers markets. The skills required for effective salesmanship and customer engagement at these markets are quite distinct from those needed in farming. As a result, many farmers find themselves unprepared to effectively attract and retain customers in these settings. This lack of marketing prowess can lead to missed opportunities for maximizing revenue, as farmers struggle to differentiate their products from those of competitors and to convey the quality and uniqueness of their offerings. Without these essential marketing and sales skills, local farmers may not fully capitalize on the potential of farmers markets to boost their income and expand their business reach.

On April 26, 2024, Owen County Agriculture and Natural Resource Agent Kendal Bowman led a successful educational program titled "Farmers Market Display & Signage." The event attracted 20 attendees and reached an additional 214 people via Facebook. Expert members from the University of Kentucky Center for Crop Diversification conducted a hands-on lesson, demonstrating how strategic decisions about the placement of produce, the color of tablecloths, the height of displays, and the vendor's personal appearance can significantly affect sales at farmers markets. Although primarily targeting local farmers market vendors, the program also drew participants seeking points for their County Agriculture Improvement Program (CAIP) Cost Share applications. Attendee feedback was overwhelmingly positive, with local farmer Mike Cobb expressing that the insights gained would be beneficial if he chose to sell at markets. Daryoush Marefat appreciated the learning opportunity, and Wendell Danner, a newcomer to the market this year, has already applied these strategies to enhance his sales, showcasing the practical impact and immediate benefits of the program.



Farmers Market Display & Signage April 2024

118

Number of people who applied marketing techniques for meat animals

322

Number of people who increased profits, reduced expenses, and/or reduced risk



4-H YOUTH DEVELOPMENT

David Gabbard, 4-H Youth Development Agent

RECORD YEAR AT 4-H CAMP

In July the Owen County Extension Agent for 4-H Youth Development led 89 Owen County youth and 11 adult volunteers to Carlisle KY, to North Central 4-H Camping Center for a week of 4-H Camp with Kenton and Grant Counties. This was the highest attendance for Owen County since 2022, Owen County Campers received numerous camp awards.

There were 30+ first time campers/volunteers that attended from Owen County this camping season. Many of them said it was better than they expected and plan to come back next year.

For the 4-H Agent, it isn't about the number of kids that go, it's about the experience that they get to have, there were many campers who came up to me and said things like "this is the best week of my life" or "I never thought I would get to swim in a pool with a slide, this is awesome". As Positive Youth Development Professionals this is why we do what we do, the chance for youth to have a positive, memorable, fun experience in a safe environment.



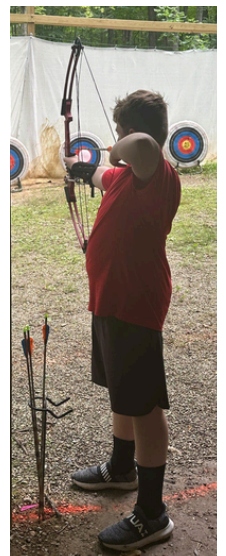
2024 4-H Camp Carpet Ball
North Central 4-H Camp, Carlisle, KY



2024 4-H Summer Camp Group Photo
North Central 4-H Camp, Carlisle, KY



2024 4-H Camp Riflery
North Central 4-H Camp, Carlisle, KY



2024 4-H Camp Archery
North Central 4-H Camp, Carlisle, KY



2024 4-H Camp Gaga Ball Pit
North Central 4-H Camp, Carlisle, KY



2024 4-H Camp High Ropes
North Central 4-H Camp, Carlisle, KY



Number of Youth (5-18) engaged in 4-H Summer Camping



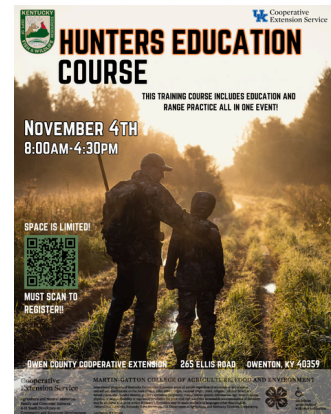
Number of Volunteers (19+) engaged in 4-H Summer Camping

WILDLIFE AND NATURAL RESOURCES EDUCATION FOR MULTI GENERATIONS

In November, the Owen County 4-H Agent hosted two events focused on wildlife and natural resources: Trapping Basics and Hunter Education.

For the Trapping Basics program, the Owen County 4-H Agent collaborated with a guest speaker who was a professional hunter and trapper, a native Owen Countian, and a 4-H parent. The speaker educated twenty-five youth and parents in the following lessons: why trapping was important for habitat and wildlife management, wildlife populations, and monetary incentives.

The Hunter Education Course was a collaboration between Owen County 4-H and the Kentucky Department of Fish and Wildlife Resources (KDFWR). This 8-hour long course taught youth hunting safety, land navigation, firearm/archery safety, and tree stand safety. Over eighty participants attended, ranging in age from 9 to 75 years old. A future course is planned for March 2024.



Number of Youth (5-18) engaged in NR 4-H programming



Number of Youth (5-18) engaged in AG 4-H programming