



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Pulaski County Extension Office

REPORT TO THE PEOPLE



Welcome to Pulaski County, a place where the community
is always growing and expanding.



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MEET OUR STAFF

AGENTS

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EDITH LOVETT, FAMILY & CONSUMER SCIENCE AGENT

ERICA SPURGEON, 4-H YOUTH DEVELOPMENT AGENT

JENNIFER COLE, 4-H YOUTH DEVELOPMENT AGENT

TRENT ADKINS, AGRICULTURE & NATURAL RESOURCES AGENT

SNAP-ED ASSISTANT

MARGIE HERNANDEZ, SENIOR SNAP-ED ASSISTANT

STAFF SUPPORT

SHEILAH CHILDERS

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Program Highlights

2023

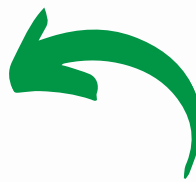
Tree Week

Tree Week is the brainchild of UK's Urban Forest Initiative and has been in Lexington and a few other satellite locations for 5 years. Not only is the week about planting trees and overall learning more about trees, but it's also an impetus to get people outside in nature.

Master Gardeners, city employees, and interested citizens served on the planning committee. Over \$1200 was raised by Extension Master Gardeners from 8 sponsors to support the Tree Week events. Fifteen scheduled events were planned over the 9-day period. Participants were encouraged to go on self-guided, on-your-own walks/hikes and take part in the week-long Tree Week scavenger hunt.

Local libraries incorporated trees into their weekly children's and adult programs. A yoga instructor donated a yoga session outdoors and a painting teacher volunteered her skills.

Ninety-eight people participated in all the scheduled programs. About one-third were youth. One participant volunteered this quote: "Just wanted to drop you a quick note to say that we had the BEST week ever at Tree Week. So grateful for all the hard work that everyone put in." Another participant said that he couldn't believe he hadn't known about the Black Walnut Trail, that it was a jewel for Pulaski County.



Scan the QR code to sign up for the horticulture newsletter!



Master Gardeners and community volunteers planting and mulching trees at Firebrook Park during Tree Week in Pulaski County



Master Gardeners along with agent, Beth Wilson, work with youth during Tree Week.

Ovarian Cancer

Ovarian cancer is the second most common gynecologic cancer in the United States. Ovarian cancer causes more deaths than any other cancer of the female reproductive system. It is the 5th leading cause of cancer mortality in women. However, when it is detected early, it is usually treatable and curable.

With this goal in mind, Dr. John Van Nagell, a gynecologist with the University of Kentucky, began the free screening program at the University Kentucky Markey Cancer Center in Lexington, Kentucky in 1987. Since that date, over 49,000 women have participated in the Ovarian Screening program, with more than 348,000 free screenings conducted.

Screenings are painless, radiation free, and takes less than 15 minutes of your time. The good news is that it is a free service to all women.

Pulaski County Extension sponsored a "Drive Through Luncheon" to help raise money for the Ovarian Outreach Program. The luncheon raised \$6000 for this program. To date, KEHA members have raised more than \$1.5 million for the screening. Women from all counties are encouraged to participate in the screening program. Ladies can go to the Pulaski County Health Department for this service. Any woman over the age of 50, or women over 25 with a documented family history of ovarian cancer, is eligible. Our goal is to see more women taking advantage of their free service in the county.



Homemakers enjoying fellowship and a meal together.



Homemakers preparing lunches that are sold to raise money for the Ovarian Outreach Program.



Scan the QR code to sign up for the FCS newsletter!

FAMILY & CONSUMER SCIENCE

Tri-County Program

The Extension Service was approached by a representative of Tarter Farm and Ranch Equipment with an idea for a joint education program to help reach producers with vital information to help ease the burden when selecting farm infrastructure. It was noted that many people purchase farm equipment and infrastructure without considering what is really needed for their farm operations. This program is resulting from an increasing number of producers showing frustration in the equipment or infrastructures not working for the application it is intended for. These misunderstandings not only lead to frustration but also loss of revenue for that producer, and safety issues for both the producers and livestock. Agriculture Agents from Casey, Pulaski, and Russell Counties all came together along with, Tarter Farm & Gate Equipment, to plan a "tri-county" program to help get information out to producers about the products that are available to them, along with the knowledge of how to correctly operate the equipment for the job it is intended for.

In January, Pulaski County held a Winter Hay Feeding Program. This program was intended to show the importance of the quality of forages, and the proper tools that we need to feed those animals in a safe manner and cut down on feed waste. This in turn helps to lower input cost for that operation.

Attendees had the opportunity to see multiple hay feeding tools and the various scenarios for each type of hay feeder available to them. Dr. Steve Higgins spoke about the importance of proper feeding in the winter.

How planning and the proper use of equipment can not only have a positive effect on overall safety and comfort for both animal and producer but also help lower overall input cost for the operation.



Many farmers were able to talk with agents and gain valuable information.

Following in February, Casey County held a program titled, Cattle Handling Facilities, where there were over 80 attendees. Participants not only learned about the various types of handling equipment, but also ways to design their own facilities to meet their operational needs. Dr. Morgan Hayes led the discussion.

Lastly, each participant had the opportunity to participate and receive their, Beef Quality Care Assurance Certification. As a result 40 people completed their certification.



Local producers attend a meeting to learn about various types of equipment and facilities.

For the last leg of the Tri-County Livestock Series, Russell County hosted a Small Ruminant Handling Facilities course in March where Dr. Beth Johnson, DVM talked about nutrition and facilities for small ruminants. With the substantial increase in small ruminant production in the region over the past 5 years, we felt that it was very important to cover these topics for producers. A large percentage of small ruminant producers are new to this type of production system. Helping them gain an understanding of tools and equipment that are available and what is needed for their size of operations was one of the main goals of this part of the session.

At each of these classes participants were able to get a hands-on experience with the equipment being discussed. Tarter Farm & Gate Equipment brought coinciding equipment that fit each of the production areas that we were targeting. This series also gave our producers the opportunity to visit with producers from other counties and have that fellowship and chance to hear different ways of doing things.

As a result of this program, agents helped many attendees with interest in designing or re-designing their own handling facilities. Attendees also gained knowledge about purchasing proper equipment and infrastructure for the size of their operation, to help increase efficiency and decrease input cost for the operation.

Trent J. Adkins shows the reproductive tract of a cow, for the purpose of artificial insemination.



Many members were given hands on opportunity and the ability to gain new skill sets they can utilize in their production.

Scan the QR code to sign up for the Agriculture newsletter!



AGRICULTURE & NATURAL RESOURCES

Day Camps are Popular in Pulaski County

One of the greatest aspects of the 4-H program is the plethora of ways that programs can be provided. Agents can reach youth via clubs, school enrichment, camps, and many more avenues. Pulaski County 4-H agents, Erica Spurgeon and Jennifer Cole, have found one of the best ways to engage youth in their county is through specialized day camps.



Cloverbud Day Camp participants enjoyed making crafts.



Cooking Camp participant shows off her 3 tier cake creation.

During the summer of 2022, Pulaski County held a total of eight unique day camps. Topics included Beginner Cooking, Poultry BBQ Contest, Art, Cloverbud, Environmental, Gardening, Sewing, and STEM. Camps were wildly popular and filled up fast with waitlists. The variety of topics appealed to youth and the timing appealed to adults. To make the day camps accessible, the 4-H agents completed the process to make their Extension Office a Summer Feeding Program location in their county. Parents and guardians were able to drop youth off for the full day of educational programming where they would be served breakfast and lunch. Feedback was great and these camps gave youth a safe and educational place to spend the day during the summer months.

These day camps also resulted in successful collaboration. Pulaski County Horticulture Agent, Beth Wilson, provided activities and education during the Gardening Day Camp. Dr. Jacob, the UK Poultry Specialist, organized and provided the education during the BBQ Camp. Master Clothing volunteer, Emma Peek, conducted the Sewing Day Camp. The Kentucky Division of Water did a stream study activity with the Environmental Day Camp participants. Youth not only got to explore topics of interest, but they also got to meet people in potential, future careers.



Scan the QR code to sign up for the 4-H newsletter!



The day camps resulted in many projects for the County Fair and State Fair. Youth who attended the Poultry BBQ day camp went on to compete in the State Poultry Barbeque Contest. Three clubs were formed based on the popularity of the Beginner Cooking, Gardening, and Sewing camps. Pulaski now has a Virtual Cooking Club, an Art in Gardening Club, and a Master Clothing Volunteer-led Sewing Club.

Pulaski County 4-H looks forward to continuing these day camps each year.



BBQ Day camp kids getting ready to grill!



Scan the QR code to enroll in our 4-H program!



Sewing Day campers learning to sew.



Pulaski County: Home of the 2022 State Grand Champions!

The 2021-2022 4-H Program Year concluded on August 31st (and September 11th for 4-H Shooting Sports). This past program year was definitely the year for Pulaski County 4-H members. We have members that have participated in a variety of 4-H state competitions and have come out on top as a State Grand Champion! We are extremely proud of these individuals and their hard work and dedication to “making the best better!”

Miriam Ritchey: 2022 4-H State Communications Contest 17-18 Year Old Grand Champion

Taylor Burnett: 2022 4-H Kentucky State Fair Junior Tractor Driving Contest Grand Champion

Miriam Ritchey: 2022 4-H Kentucky State Fair Country Ham Project Senior Grand Champion

Baylee McQueen: 2022 4-H State Shooting Sports Competition Archery Compound Bare Bow 15-18 Year Old Division Grand Champion

We also have two 4-H members who excelled at the 2022 KY State Fair and 2022 KY State Horse Contest.

1. Claire Beth Peterson: 2022 4-H Kentucky State Fair Reserve Champion Maine Anjou and Reserve Champion Simmental. Placing Reserve Champion earned her two spots in the KY State Fair Championship Drive!

2. Brooke Robinson: Placing 2nd place and high in many categories at the KY 4-H State Horse Contest earned her a spot to represent the KY 4-H Horse Program at the 2022 Southern Regional 4-H Horse Championship!

Apart from these individuals, we have many other 4-H members who have accomplished so much this past program year, and we hope they all continue to do great things this new program year.



Pictured is Miriam Ritchey, 2022 4-H Kentucky State Fair Country Ham Project Senior Grand Champion; also pictured is Elle Ritchey.



Pictured is Baylee McQueen, 2022 4-H State Shooting Sports Competition Archery Compound Bare Bow Grand Champion; along with Archery Coach, Jeremy Tucker.



Pictured is Taylor Burnett, 2022 4-H Kentucky State Fair Junior Tractor Driving Contest Grand Champion.



Nutrition Education Program

Making a Difference in Pulaski County

The SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant, Margie Hernandez, provides educational opportunities for limited resource individuals to acquire knowledge, develop skills and change behaviors that lead to improved health and well-being.

Making Healthier Choices

Poor nutrition and physical inactivity are tied to obesity. According to the 2020 data from the County Health Rankings and Roadmaps website, the adult physical inactivity rate in Pulaski County is 33%. Obesity has been shown to contribute to major health issues including high blood pressure, type 2 diabetes, elevated blood cholesterol levels, low self-esteem, and negative body image.

To address these concerns, a seven-session program using the Healthy Choices for Every Body curriculum was conducted by the Pulaski County Cooperative Extension Service SNAP-Ed (Supplemental Nutrition Assistance Program Education) assistant for SNAP eligible individuals.

The Nutrition Education Program assistant taught weekly group lessons at Sky Hope Recovery Center, the focus was the importance of physical activity. The program also addressed food preparation, food resource management, and food safety. Each class included a cooking demonstration and tasting of a healthy recipe.

Twenty female participants, ranging in age from 27 to 52 completed the program. At the end of the program, written evaluation showed that three-fourths (75%) of the participants exercised for at least 30 minutes more during the week, over half (65%) worked on strengthening muscles more days a week, and almost all (95%) made small changes to be more active more often. One participant shared, “I feel better and have more energy since I started exercising more”.



Ladies from Sky Hope Recovery Center working on preparing a SNAP recipe.



Additionally, 244 youth participants gained nutritional knowledge and skills by participating in a series of classes using the LEAP (Literacy, Eating and Activity for Preschool/Primary) curriculum.

Let Our Office Work for You

- Home & Farm Visits
- Plant Disease Identification & Control
- Insect Identification & Control
- Plant Identification
- Soil Testing
- Forage Analysis
- BQA Certifications
- Pesticide Certifications
- Pressure Canner Gauges Checked
- Food Preservation Recommendations
- Homemakers Clubs
- Life Skills Program Related to Nutrition, Health, Family Life, Financial Stability, Home Safety, Leadership
- Nutrition Education Classes
- 4-H Programs Including: In-School Clubs, After-School Clubs, Summer Camp, Day Camps, Special Interest Groups
- 4-H Projects including: Livestock and Shooting Sports

Did you know?

1,272 youth experienced chicks hatching through the Pulaski County 4-H Embryology in the Classroom program in 2022.

There are 1,721 registered farms in Pulaski County.

We had 225 Homemakers attend our annual Holiday Tasting and each attendee was given over 20 new recipes to try.

Master Gardeners volunteered over 725 hours to Community Service Projects with an average of 43 hours per Master Gardener.

WAYS TO FOLLOW US



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@hortagentbeth



pulaski.ca.uky.edu



@pulaski_county_4h

