

2024

REPORT TO THE PEOPLE

Estate Planning Basics

Regardless of net worth, estate planning is important to protect and help ensure your personal and financial goals are realized after death. Unfortunately, many people fail to carefully plan for transfer of their possessions and property at the time of death. Taking the right steps ahead of time makes it easier for those settling your estate, which saves them time, energy, and money. Developing an estate plan helps ensure your property is distributed according to your wishes, providing your executor and legal team with the information they need.



Two-hundred and fifty persons received information on Estate Planning through publications. Because of additional interest in Estate Planning, Pulaski County Extension Office hosted an Estate Planning Basics workshop with a local attorney as the guest speaker.

The class was limited to thirty consumers as participants were encouraged to ask questions during the workshop. The program educated participants on basic principles of estate planning, including how to establish goals for their estate and what information they need to gather as they begin the estate planning process. In a survey following the class list, 95% indicated they knew how to describe the importance of estate planning. Seventy-five percent could identify one goal for their estate plan.

Additionally, 90% planned to locate and organize their important documents and bring their Estate document up to date. One participant stated, "she had not thought about updating her estate plan that was written more than 10 years ago." Another participant said he had not considered establishing a trust for his family.

Extension Master Gardeners on a Mission

Extension Master Gardeners (EMG) are volunteer educators serving across the country in local communities. Backed by the University of Kentucky, Kentucky EMGs are dedicated to outreach and on a mission to support successful gardening through science-based horticulture information. Eight new EMGs In-Training were trained during Fall 2024 in Pulaski County.

EMGs are required to volunteer hours of service back to the community or in efforts that help Cooperative Extension. During 2024, 30 Lake Cumberland Master Gardeners reported just under 1300 hours of community service. Using hourly wage data from the Independent Sector, this amounts to roughly \$43,000. Master Gardeners are also required to obtain CEUs to keep them up-to-date on horticulture topics. Lake Cumberland Master Gardeners earned about 145 hours of CEUs this year.

Six Lake Cumberland Master Gardeners represented the group at the 2024 Kentucky State Master Gardener Conference. Our group won the Search for Excellence Award for efforts at Sky Hope Rehabilitation Center. Lake Cumberland Master Gardeners plan to host the state-wide event in 2025.

The Lake Cumberland Master Gardener Association (LCMGA) sponsored many of the Tree Week activities and LCMGA members helped plan and coordinate events during that week. LCMGA members conduct home gardening programming, sponsor the Native & Heirloom Fest, and are currently coordinating the new garden area at the new Pulaski Co Extension office.

Overall, Lake Cumberland Master Gardeners have lost some members due to life changes. However, new trainees are continually brought into the program to ensure a strong, sustainable program in the future.



Lake Cumberland Master Gardeners Represented the group at the 2024 Kentucky State Master Gardener Conference.

South-Central Kentucky Hay Contest

Being a hay producer can bring a lot of challenges, such as inconsistent quality, low yields, and poor nutrient content. These issues can cause financial strain for producers who rely on hay to feed their livestock, and in some cases, forcing them to purchase more expensive feed and supplements from other sources. It was evident that the need for better management practices, quality improvement, and education surrounding hay production needed to be addressed.

To tackle these challenges, the South-Central Kentucky Hay Contest was launched. The contest aimed to encourage local hay producers to test the quality of their hay while providing educational resources to increase knowledge about best practices in hay production. We conducted farm visits where we would collect the hay samples as well as background information on the forages to be analyzed. All samples were taken to the UK research farm, where UK forage specialists and agents worked together to process each individual sample submitted. After processing and testing, the forage specialists compiled reports of final analysis to be shared with producers. Producers received this analysis of their hay along with recommendations and ration information for free.

The program included an award and educational night where specialists shared insights on nutrient management, harvesting techniques, moisture control, and the importance of nutrient testing. Through this program 74 participants learned how to assess and improve their hay quality, thereby increasing efficiency in their production systems. Producers with the highest quality of hay were also recognized for their accomplishment.

Over 100 hay producers from across the 13-county region participated in the hay contest, submitting 266 samples. Participants ranged in operation size from small farms to large hay production operations as well as experience, from seasoned farmers seeking to refine their practices to newer producers eager to learn the basics of quality hay production.

The South-Central KY Hay Contest had a significant positive impact on local hay producers. Through participation, farmers who tested their hay in the contest received personalized hay analysis results and recommendations as well as rations for livestock.



Contest winner Dennis Guinn along with Kelsey Marcum, Agent and Dr. Henning.

4-Her's Getting it Done

Livestock Judging is back in Pulaski County! Several community members and 4-H'ers had expressed an interest in once again having a livestock judging team in Pulaski County. Through this contest, youth are able to develop valuable skills while evaluating livestock. As a result of this need within the community, we created the livestock judging program, working with our youth to further their skills in livestock evaluation, decision making, critical thinking, and public speaking. This program consisted of weekly practices where youth were able to work through livestock classes, practice giving reasons in front of their peers, and overall, further the development of their evaluation skills.

Our first year having livestock judging back in Pulaski County, we had 10 4-H'ers practicing with us, and of those 10, six of them were able to attend the state contest hosted in Versailles, Kentucky. Our participants reported gaining valuable skills in decision making and public speaking through placing classes and giving oral reasons to the judges. They also gained confidence in themselves after getting outside of their comfort zones and competing at a state level contest. Our 4-H'ers that also participate in livestock shows noted how these skills will help them when making choices for future livestock project animals. All of our 4-H'ers expressed interest in participating again and continuing to develop the skills associated with Livestock Evaluation. At the state contest, Pulaski County youth brought home several awards including: Rookie of the Year, 4th Place Senior Beef Team, 6th Place Overall Senior Team, and 9th Place Junior Individual. We are so proud of the hard work of our youth!



Archery & Trap Teams Shoot for the Moon!

The Pulaski County 4-H program has two Shooting Sports teams, Archery and Trap (shotgun). Our program is made possible through collaboration with three volunteer, certified Shooting Sports coaches, Nick Harwood, Jeremy Tucker, and Tyler Gilreath. Youth in these clubs meet weekly for practice at the Pulaski County Fairgrounds (archery) and at the Pulaski County Outdoorsmen Club (trap). Our season begins in the spring of each year.

The 2024 season set our county's three-year record for youth participation with 30 youth members on our Archery team and 6 youth members on our Trap team. Youth learned safety skills during our Orientation and Safety Meeting, practiced weekly, and attended invitational events around the area to compete with other county 4-H teams.

Our Trap team had the unique and educational opportunity to participate in the 2nd Annual Youth Quail Hunt hosted by the Valley Oak Shooting Preserve in Nancy, Kentucky. Youth learned about quail hunting, firearm safety, and got to work with professionals to hunt their own quail to take home. This provided a progressive experience for youth to apply the skills they have learned in 4-H to activities they can explore for life.

Our 2024 season ended with the Kentucky 4-H Shooting Sports State Competition in Bluegrass Sportsmen's League in Wilmore, KY on Saturday, Sept. 7th and at the Central KY Gun Club in Berea, KY on Sunday, Sept. 8th. Over the course of the weekend over 1,000 youth, their families, and county coaches, volunteers and 4-H agents gathered to take part in the event. This competition provides a goal for youth to work towards throughout the year and an opportunity for them to showcase their leadership, sportsmanship, and teamwork. Additionally, youth are only eligible to compete in this event after completing a minimum of 6 hours of education within the shooting sports program.

Both Pulaski County 4-H Shooting Sports teams participated in the event. Archery sent 2 certified coaches, 11 youth participants, and 5 volunteers. Shotgun (Trap) sent 1 certified coach, 6 youth participants, and 2 volunteers. Youth participated in a variety of disciplines and represented our county well!

We are excited to begin our 2025 season and look forward to hosting invitational events once our new Extension Office opens.



Families Cooking Together

Obesity rates have tripled in the past 30 years, in part because Americans are depending on convenience foods that have more calories than nutrients. Due to this rise, American children may have shorter expected lifespans than their parents and can be overweight and malnourished. Learning how to eat right in childhood is important for creating a foundation for a lifetime of healthy eating and a way to help children eat healthy is by simply cooking with them.

In response to this issue, the Pulaski County Nutrition Education Program Assistant in collaboration with the Lake Cumberland Housing Authority conducted a seven-lesson curriculum, Families in the Kitchen: Cook Together, Eat Together, targeted at bringing the family together in the kitchen by cooking healthier, home-cooked meals. The program was conducted at Cumberland Manor Apartments with a total of six families, 3 parents and 3 grandparents, along with 8 youth ranging from 7 to 10 years of age. The families met weekly for seven weeks. Each week consisted of a lesson with adults and children preparing hands on recipes together. Topics covered included various cooking skills, grocery shopping, planning meals on a budget, and food safety.

As a result of the program, all participants (100%) made a positive change in their nutrition (i.e. eating yogurt and red and orange vegetables more often), over half (83%) cook dinner at home more often, and all (100%) use a written weekly monthly food spending plan.



One participant commented "I'm not a very good cook, but I'm learning with the kids."



One participant commented "The kids loved the recipes and want to help cook every day."



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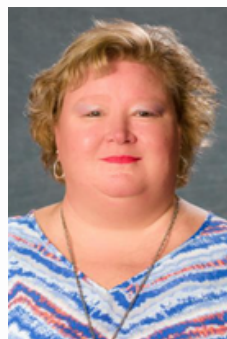
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Meet the Staff

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

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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.

Lexington, KY 40506

We're Moving

Our new location will be:

90 UK Extension Blvd.
Somerset, KY 42503

We hope to be in our newly built office by March of 2025! Be on the look out for more information and new fun events to get involved with!

WAYS TO FOLLOW US



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