EXTENDING KNOWLEDGE
Changing Lives
IN WASHINGTON COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.

EXTENSION CELEBRATES 100 YEARS!

The Cooperative Extension Service celebrated its 100th birthday this year. The Smith-Lever Act of 1914 officially created the national Cooperative Extension system by providing funding for outreach endeavors at the Land-Grant Universities by the Morrill Act of 1862. Specifically, the Act stated as its purpose, “In order to aid in diffusing among the people of the United States useful and practical information on subjects relating to agriculture, uses of solar energy with respect to agriculture, home economics, and rural energy, and to encourage the application of the same, there may be continued or inaugurated in connection with the college of colleges in each State, Territory, or possession . . .”

To celebrate in Washington County (WC), we had a birthday party! On May 16th, we hosted a lunch featuring food from local producers to show our appreciation for the support from our community. Cooperative Extension hopes to continue its mission of extending knowledge and changing lives for the next 100 years and more!

Source: http://www.extension100years.net/

Priority Program Efforts

520 people are now involved in addressing significant community issues
160 youth made an impact in their community through service projects
530 local residents implemented practices that promote sustainable agriculture
430 producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
60 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
560 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
190 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
420 youth and adults demonstrated informed and effective decision-making skills
60 individuals incorporated new or additional conservation practices
HORTICULTURE

The WC Horticulture program consists of more than just gardening. It includes community, leadership, and economic development and promotes a healthy and sustainable environment. Below are just a couple of this year’s highlighted programs.

Inaugural Springfield Green Festival Was A Success

For several years the idea for a “Green” festival was talked about in Springfield. This finally became a reality in a collaborative effort with the local community organization, New Pioneers for a Sustainable Future, and the WC Horticulture Agent. Springfield and WC is the “Greenest” community in Kentucky according to a local proclamation. WC a certified clean county by the State of Kentucky; it has a very unique local organization concentrating on sustainability in New Pioneers for a Sustainable Future, and is the smallest populated county to have an Agent for Horticulture. It is no question that the community is aware of its roots in agriculture and community and has a desire to sustain the two, so a local “Green Festival” made sense. The one day festival had an attendance of over 1000 people according to local leaders with the tourism commission and chamber of commerce. There were over 25 vendors selling only locally grown, sourced, made, and created products from WC and surrounding areas. The WC Cattlemen’s Association grilled locally grown steroid-free and antibiotic-free beef, the WC Homemakers had a bake sale, the Lincoln Homestead Master Gardeners sold plants, and local artisans sold a gamut of locally handmade furniture, jewelry, textiles, and paintings. Several vendors sold locally grown vegetable transplants, flowers, baskets, fruiting plants, and more. Local musicians entertained the crowd with live music, and local 4Her’s had pony rides. The Springfield Tourism commission gave $500.00 for advertisement and is excited to help more in the future. The Springfield Green Festival was a great success!

Community Comes Together to Celebrate Earth Day

To celebrate Earth Day in Springfield and WC, a community celebration was held at the Farmers Market at the Depot. This was a collaborative effort with the WC Extension Office, Bonnie Plants, St. Catharine College, The City of Springfield, WC Fiscal Court, and The WC School System. Guest speakers included students from the St. Catharine College Berry Farming Program and local students entertained the audience with songs about sustainability and recycling. Local fourth graders planted flowers and a butter bean tent to honor former poet and Springfield native Elizabeth Roberts Maddox author of “The Butterbean Tent”. The day concluded with a locally sourced lunch and free vegetable plants donated by Bonnie Plants. Total attendance was over 165 children and adults including the WC Judge and the Springfield and Willisburg Mayors. Local television station Channel 6 taped the event to replay on their news channel as well.

4-H YOUTH DEVELOPMENT

WC 4-H continues to be a success due to the on-going support from their volunteers. Both parents and community members work together to offer new and traditional programming to provide life skill opportunities to local youth. This past year, 929 youth participated in one or more 4-H activities led by 469 teen and adult volunteers. Thank you to our volunteers who help “Make the Best Better”!

Volunteer Forum

At the KY Volunteer Forum in January, WC volunteers taught a workshop, were recognized for their accomplishments and enjoyed exploring new ideas for county programming. Rita Yates and Marion Mulligan taught a sewing workshop and Tana Wells was recognized as one of the top five 4-H horse volunteers in the state. Ten WC teen and adult volunteers attended the three day conference held at the Hyatt Regency in Lexington.
4-H YOUTH DEVELOPMENT CONTINUED

Country Ham Project

This past year has been a busy one for the WC Country Ham Project. With the support of many local financial and project donors, the WC 4-H ham house was completed in record time and available for the members to start their project in January. The members held a thank you dinner for the donors and supporters who helped make the ham house a possibility with over forty in attendance. This year, nine members enrolled in the country ham project with seven completing the project and participating at the KY State Fair. Four of the seven placed in the top five of their age group at the state fair. A special thank you goes to the WC Farm Bureau for being the major supporter of the program by matching the KY 4-H Agriculture Grant and providing the extra funds needed to complete the project. WC Farm Bureau is continuing their support of the program by auctioning one of the WC 4-H hams at their annual banquet each year.

FAMILY AND CONSUMER SCIENCES

The WC Family and Consumer Sciences program continues to promote the improvement of individual and family life through education and outreach. The Washington On Wellness (WOW) Coalition was established in a collaboration of elected officials, local agencies, and caring citizens to promote all aspects of wellness within our community. A couple of program highlights from the Family and Consumer Sciences program, the Homemakers Organization, and the WOW Coalition are shown below:

Homemakers Work to Prevent Child Abuse

April has long been nationally recognized as Child Abuse Prevention month. To join national efforts, the Homemakers worked with Judge Executive John Settles to proclaim April as Child Abuse Awareness and Prevention month. Providing a community of love and support for our children is a responsibility that we all share. The WC Homemakers have been doing their part in this effort for eighteen years and this April was no exception. They partnered with the WC High School Art Teacher, Marilyn Peters and her students for an art contest focused on the subject of child abuse prevention and awareness. The artwork was displayed in the window of the Springfield Opera House. In addition to the art contest and pinwheel garden, the Homemakers distributed pinwheel coloring sheets and informational brochures to all elementary students throughout the county.

The Biggest Winners Lost 957 Pounds!

The Biggest Winner: Team Edition 2014 was a great success with a total of 957 pounds lost! Over 100 participants teamed up to lose weight and learn about leading healthier lifestyles. The 12 week program featured lessons on the mental aspects of weight loss, balancing meals, using technology to achieve health goals, heart health, maintaining weight loss, and more. The winning teams were determined by the average percent of weight lost in the team. The 1st Place Team (shown left) was The Thintastic Two: Margaret Cissell and Katie Elder; 2nd Place (shown on the bottom) went to The Thinner Winners: Janiece Bishop, Jen Milburn, Latisha Milburn, and Melanie Thompson; and the 3rd Place Team (shown far left) was Dynamic Duo: Lisa Carrico and Amanda Mattingly. Prizes for perfect attendance were also given. Thanks to all of our community partners and donators: WC Board of Education, Fuel Fitness, Lincoln Trail District Health Department, Springfield Massage Therapy, Hair Boutique, Lebanon Aquatic Center, Parkview IGA, the Springfield Opera House, and Springfield Physical Therapy.
**AGRICULTURE**

Extension Supports the Beef Industry

Beef cattle are a major agriculture enterprise in WC. Due to our rolling topography our farmers need to focus on using our resources of grass and hay to generate income. According to the 2012 AG Census, WC has approximately 17,500 momma cows and approximately 43,000 cows and calves of all descriptions. WC has 575 beef producers with herds ranging from 400 cows to just a few.

Part of our job in Extension is to support and promote the beef industry. Examples of our efforts would include helping to promote farm to table beef sales and helping coordinate the Phase I Cost Share programs for farm families with 65 farm families participating. WC is one of the larger county beef cattle producers in the State and we hope to reach our goal of 200 producers this year. The Extension staff supports the producers in many ways throughout the year. The WC Cattlemen’s Association conducts several beef promotions by cooking at events, including the Extension Centennial celebration discussed on the front page. This group also holds educational activities throughout the year and cooperates closely with the Kentucky Cattlemen’s Association. This past year we had 3 more members to complete the KCA Leadership Program.

Extension is also helping to conduct the Applied Master Cattlemen program this year. One farm family participated in a study with U.K. Animal Science Department by crossbreeding and artificially inseminating 113 cows. Another family hosted 55 Central Kentucky farmers in an intensive grazing tour.

This past summer the WC Cattlemen hosted a farm field day with exhibits demonstrating solar power to confinement cattle production and many other topics. The State Young Farmers tour was here in our county on that same day and they were able to tour during the event. It was a success and we were proud to be a part of it.

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