



OWEN COUNTY REPORT TO THE PEOPLE

Extension Today

Owen County has several barn murals throughout the county that represent different classifications of agricultural heritage ranging from tobacco to farm to table. Visit the local Owen County Tourism & Convention Commission for more details on locations or email tourismdirector@owencountyky.us



DID YOU KNOW?



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Cooperative Extension Service

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4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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FAMILY & CONSUMER SCIENCES

Crafting for Self Care

Stress is something that affects all of us at some point in our lives and if left unchecked can contribute to many health complications including high blood pressure, heart disease, diabetes, and obesity to name a few. According to the American Psychiatric Association, the number of Americans that rated their mental health as fair to poor increased from 31% to 37% at the end of 2022 and stated "More than one in four (26%) reported they anticipated experiencing more stress at the start of 2023, up from one in five (20%) last year. At the same time, 29% American adults indicated they'd adopt new year's resolutions related to their mental health, up three percentage points from last year." A few of the noted resolutions that were focused on mental health included exercise, meditation, therapy, and journaling. According to the National Alliance on Mental Illness, in February 2021, symptoms of anxiety and depression were reported by 43.6% of Kentuckians. Based on all this information and seeing these issues in the local communities, Family and Consumer Sciences Extension Agents from Boone and Owen Counties created the program, Crafting for Self-Care. This program was a three-part series that took place in both Boone and Owen Counties in the evening. Each evening consisted of a discussion on self-care and mental health followed by time to work on a craft. The program was provided at no cost to the participants.

On the first evening, different types of self-care and pinpointing feelings were discussed, giving participants a variety of ideas to consider regarding self-care. A handout that discussed what self-care is and why it is important was provided to participants along with a handout of a feelings wheel. The first craft chosen was diamond art. This is a fun and addicting craft that can be done in both smaller projects as well as larger ones, depending on the individual. The diamond art provided was one that no one in the class would be able to complete, allowing participants to be able to take home the project to finish later, giving them self-care options to work on after the class. It was expressed by multiple participants that they enjoyed the diamond art so much, they had purchased and completed more since the class as part of their new self-care routine.



Self Care Series Diamond Art

The topic discussed on the second evening was self-care planning and a planner was provided to participants to give them a chance to plan out their self-care routine. Many enjoyed this activity and liked the idea of making a plan for themselves. The second evening's chosen craft was string art. This was a challenging craft demonstrating that a part of self-care can be challenging yourself and learning something new. There were a few participants that preferred this craft over diamond art for the simple fact that they had the opportunity to be a little more creative and unique.

The third and final night consisted of candle making and a discussion recapping types of self-care, the importance of self-care, and preventing stress and its effects through self-care. Participants were able to make soy jar candles to take home to add to their self-care routine. Participants were surprised at how easy it was to make the candles and thoroughly enjoyed the evening. The UK handout, Calming the Storm Preventing Distress Self-Care Checklist, was provided to participants.



Self Care Series Candle Making

At the beginning and end of each class, participants answered a 2-question survey asking them to rate their stress level on a scale from 1 to 5 and their mental health on a scale from very poor to very good in order to see if working on the craft had any effect. There were 43, 24, and 25 participants on nights 1, 2, and 3 respectively. Every single night there was an overall improvement in stress level and by the end of the program, overall mental health had improved among the participants.

On nights 2 and 3, participants were able to recall the information discussed previously in the series. Multiple participants commented at the end of the series that they want agents to continue this program and provided more ideas of crafts to consider.

156

Number of individuals who gained increased knowledge of how to respond to mental health concerns

Recipes for Life

Owen County Family and Consumer Sciences Extension Agent collaborated with 7 administrators and teachers with the Owen County School District to offer the Recipes for Life Program to 122 fifth-grade students. 18 volunteers worked with students in a hands-on educational setting to teach important life skills. A posttest evaluation was conducted to determine learning outcomes. As a result of the program, students gained the following knowledge and skills:

- Recognized the recommended handwashing steps.
- Identified the importance of using separate cutting boards for meat and fruits or vegetables.
- Identified best practices for kitchen clean-up.
- Identified ways to avoid burns in the kitchen.
- Identified safe knife handling techniques.
- Identified when to use a meat thermometer.
- Identified the sequence of steps in preparing a recipe.
- Identified correct technique for accurately measuring ingredients.
- Formulated time management strategies in meal preparation.
- Recognized the food groups that comprise MyPlate.



5th grade students learning practical food preparation. Recipes for Life 2023



Owen County 5th Grade Students, Recipes for Life 2023

Chelsea Young, Family & Consumer Sciences Agent

106

Number of participants of Recipes for Life reporting intention to help prepare food at home



AGRICULTURE & NATURAL RESOURCES

Artificial Insemination School

Having the largest number of cattle east of the Mississippi; Kentucky is known for producing good, quality, beef cattle. As with anything else, there is always room for improvement. Genetics are the foundational step for achieving this. The best method in achieving superior genetics is utilizing artificial insemination (AI) in your herd. Artificial insemination allows the producer to identify and use individual sires from around the world to enhance the inadequate desires found in the dam and her previous offspring. Owen County serves as a regional beef hub in the tri-state area. The Owen County Cooperative Extension Agent, Kendal Bowman, partnered with United Producers Inc. livestock market and hosted a two-day hands-on AI school in October 14-15, 2023. At this school Kendal utilized the Neil Fleming learning theory V.A.R.K. (Visual, Auditory, Reading/Writing, & Kinesthetic) to appease the vast learning styles of the participants. Topics discussed included the following: anatomy and physiology, artificial insemination technique, estrus synchronization, breeding management, as well as human consumable nutritional information. The school was capped at 18 participants and had a waiting list. All surveyed participants reported gaining the competency to implement the gained knowledge in their own herds.



353

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

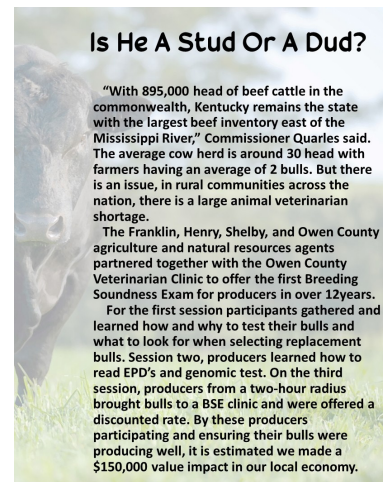
Is He A Stud Or A Dud?

With 895,000 head of beef cattle in the commonwealth, Kentucky remains the state with the largest beef inventory east of the Mississippi River," Commissioner Quarles said. The average cow herd is around 30 head with farmers having an average of 2 bulls. But there is an issue, in rural communities across the nation, there is a large animal veterinarian shortage.

The Franklin, Henry, Shelby, and Owen County agriculture and natural resources agents partnered together with the Owen County Veterinarian Clinic to offer the first Breeding Soundness Exam for producers in over 12years.

For the first session participants gathered and learned how and why to test their bulls and what to look for when selecting replacement bulls. Session two, producers learned how to read EPD's and genomic test. On the third session, producers from a two-hour radius brought bulls to a BSE clinic and were offered a discounted rate. By these producers participating and ensuring their bulls were producing well, it is estimated we made a \$150,000 value impact in our local economy.

Kendal Bowman, Agriculture & Natural Resources



65

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



4-H YOUTH DEVELOPMENT

Outdoor Adventure Camp-Pilot Program

Outdoor Activities such as hiking, fishing, bird watching, and much more are just a few of the more popular hobbies that many individuals enjoy as the temperatures begin to warm up throughout the spring and summer.

The Owen County 4-H Youth Development Agent collaborated with 4-H Youth Development Agents from Garrard, Madison, Scott and Casey Counties, and the Camp Director for Lake Cumberland 4-H Camp to plan, recruit and implement the first Kentucky 4-H Outdoor Adventure Camp March 24-25, 2023. This 2-day 1 night event was packed with information and classes so that youth almost 50 youth from across the five counties could learn skills that might help them throughout various situations in the outdoors.

This event had many expert guest instructors and partners to help make this a success, the instructors were from The Kentucky Reptile Zoo and The Nature Reliance School, one of the partners was Kentucky Department of Fish and Wildlife.

The Kentucky Reptile Zoo did a presentation on native reptiles in our state, discussed their habitat, and their nutritional needs. The Reptile Zoo also had a Copperhead Snake to show the participants what they looked like and what to do if they encountered one on their own, seeing as they are one of the most common venomous snakes in our state.

The Nature Reliance School had two instructors attend, and instruct while there, their classes included: Fire Building, Shelter Building, Compass/Land Navigation, and Tracking. These classes were hands on, and the youth were able to practice these new skills throughout the class with various activities.

The 4-H Youth Development Agents helped with instruction as well, the classes they led were: Mammals, Plant/ Tree ID, Sounds at Night, and Fishing/ Fish Processing. The Kentucky Department of Fish and Wildlife donated Catfish, Filleting Gloves and Knives so that youth would have the opportunity to learn by doing.

The Group was surveyed by a show of hands on what they liked most which was, Fire Building, Shelter Building, Fishing, Tracking, and The Reptile Zoo. The participants wanted to learn more about tracking, finding or making drinkable water, and knot tying to name a few.

After the positive feedback from guest instructors, and participants the group of 4-H Youth Development Agents, is excited and looking forward to many more Outdoor Adventure Camps and making this an opportunity for Kentucky 4-H Members statewide.



Lake Cumberland 4-H Outdoor Adventure Camp 2023 Nancy, KY

55

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H natural resource programming

New to Camping brings new experiences

In August the Owen County Extension Agent for 4-H Youth Development led 60 Owen County youth and 8 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 2003, Owen County Campers received numerous camp awards.

There were 23 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 me 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 these are why we do what we do, the chance for youth to have a positive, memorable, fun experience in a safe environment.

David Gabbard, 4-H Youth Development



2022 4-H Summer Camp Group Photo North Central 4-H Camp, Carlisle, KY

200

The number of youth who participated in overnight, 4-H summer camp(s)